

Sun

Carmel Valley

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September 5, 1984

Travel to
Mexico gives
photo buff
adventure

— Page 5

How did
our Valley
folk do at
the fair?

— Page 14

Looking
for a new
pathway
to health?

— Page 24



Photo by Debi Effron.

LETTERS

Make It Equitable

Equitable. As defined in the dictionary means "fair to all concerned without prejudice, favor, or rigor entailing undue hardship." With that in mind it is the job of the Water Management District Board to come up with an "equitable" way to finance new water supply projects such as the proposed dam.

One of the ways the Board has recommended is to increase water connection fees, which has been an ill received proposal by many peninsula residents. If you are a water user and do not want to be the one paying the costs of building a dam it might seem quite fair. But, when you are the property owner with dreams of building a house for yourself, or a businessperson with hopes of having your own establishment, it puts a dark cloud on the horizon. So how do you come to an "equitable" way for everyone to participate in the costs, and why should everyone pay? you might also ask.

According to the Board, in the long run everyone will pay their fair share. They said eventually water user fees will pay 50—60 percent of the dam costs. Yet it is the new hook-ups that are expected to pay NOW, in chunks that could make building a house or opening a business infeasible. If these new additions do not happen it has been estimated that the economic impact could cost many times more than what the Board will save by initiating the higher connection fees. If the new water supplies are mainly to service this new development it might be understandable, but according to District Executive Director, Bruce Buel, there is already a problem with Cal Am supplying current users on peak demand days and cited May 31, as an example. So it is obvious the dam proposal is not just for future development.

By establishing the higher fees the Board will create a sinking fund that will reduce the cost of the bond, thus reducing the cost of building a new dam. In doing that, however the Board is also charging the new connections twice. Once when they pay their initial hook-up fee (average estimates have been \$4,000) and again when they become water users who will pay their share in increased fees after voters approve the dam issue.

It seems like one simple alternative is to raise water user fees now which, as someone calculated for the hearing, would raise the same amount of money as increased connection fees would, but would spread the costs over all of the water users instead of just those getting new hook-ups. An increased charge to water users would also leave the option of paying for the dam in the hands of the individual. If more water is used an individual pays more. If less water is used, they pay less. This would have an added benefit as a conservation measure as well. (A simplified example no doubt.)

The Board, as they indicated at the August 13 meeting, however, are afraid of increasing the fees to water users. As Dick Heuer pointed out, peo-

ple might vote against the dam if their current water is already costing them more. "People vote out of their pocket book," he said.

I think it is apparent that most everyone agrees that there is a need for an additional water supply but there is also a need to find a way to finance it that does not put a "rigor entailing undue hardship" on anyone, as the increased connection fees would be on many individuals. Perhaps just more time is needed to study the matter. And perhaps, if the Board is out of alternatives, they should call on a citizens committee to give added input.

Whatever the case, it has to be "equitable" or everyone suffers in the long run.

John Tolliver

Whizzing By

This summer we have seen the Department of Forestry vehicles rousted out of their resting places on several occasions. They whiz off to latest emergency many times traveling through the village or other heavy traffic areas.

I have all the respect in the world for these daring firefighters and readily pull off the road to make their way safe and clear. I just wish they had the same consideration for the community as they dash along the roads at speeds that I consider extremely dangerous. Granted, they are on emergency operations, but do the few seconds they save as they speed through warrant the chance of being delayed by hitting someone or another car.

I caution these drivers that those few seconds lost by slowing down in busy areas will only serve to avoid hazards and will only make their travel to the emergency site safer for EVERYONE!

Nancy Jenkins

Fun Fair

I would like to commend those organizing the Monterey County Fair this year. They brought a few new ideas that seemed to perk up the fair a little bit more for everyone.

One of the things I particularly liked was the interspersing of the food concessions with all the other booths. In the past most of the food was all in one area and the booths were in another, and if you wanted something and were at one end you ended up either forgetting it or walking all the way back. It also broke up the booths a little which was a nice change.

Your other little features, dunking the cop and the arm wrestling tournament were fun ideas. I hope you benefited well from them.

I'd like to encourage you all to keep up the good work. I'm sure others appreciated your efforts as much as I did.

Doris Gaits

Against The Dishes

I am writing regarding the Comsat expansion in Cachagua, Upper Carmel Valley. Being a resident here, the thought of having to look at four or more of those "dishes" makes me so very sad. We have a beautiful 360° view of mountains and sky. Cachagua is the last real country on the Peninsula, the lower Valley with its growth in the last 15 years has used up all of its country space. The Comsat "dishes" being as large as they are don't fit in at all.

As I understand Comsat has other facilities that they could enlarge other than the Cachagua one. I hope when this issue comes before the County they will realize that Comsat expansion has no place in Cachagua.

Diane Otis

Misleading Info

Some misleading information has been appearing in the press in recent weeks regarding the planned expansion of the Comsat Jamesburg Earth Station in Cachagua Valley.

Comsat is not a government agency but is, in fact, a shareholder owned corporation engaged in providing commercial satellite communications services. The Jamesburg Earth Station is not a military installation nor is it "patrolled by guards with guard dogs" and its remote location hardly qualifies it as a "blight to everyone entering the valley."

The dump site mentioned in a recent newspaper letter existed before Comsat owned the property. Comsat eliminated the dump facility and, at our request, the Monterey County Department of Health conducted a thorough investigation of the site for possible toxic wastes and found non present.

Complaints that the Comsat expansion would create undue traffic problems have been exaggerated. The primary haul route will be via the less-traveled Greenfield entrance, rather than through Carmel Valley Village. According to the Environmental Impact Report (EIR) prepared on the proposed expansion, the "overall" impact on traffic congestion will be insignificant."

Opponents have hinted at a microwave radiation hazard at Jamesburg. However, it has been scientifically substantiated in the EIR that no microwave radiation hazard exists now, nor would it exist after the facility expansion. This data is contained in the EIR which is available to the public.

We would like to invite those with questions or concerns about this issue to call us at 659-2293.

A.J. Stotler

Director

Jamesburg Earth Station

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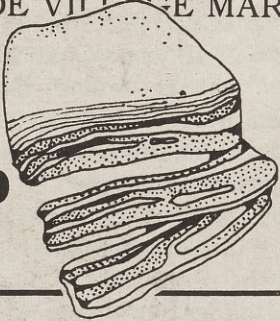
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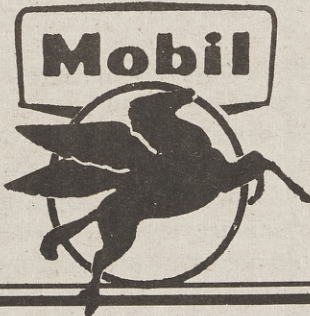


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☐ Publication date

☐ Deadline for following publication date

AUGUST 1984

SUN	MON	TUES	WED	THRU	FRI	SAT
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JANUARY 1985

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29	30	31				

CON TENTS

Letters.....	2
Water Issues.....	4
One Man Show.....	5
Ranchers Days.....	6
Meetings.....	7
Jazz.....	8
Crossword Puzzle.....	9
Entertainment.....	10
Art.....	12
Cartoon.....	15
Events.....	16
Thoughts.....	17
CVPOA Notes.....	17
Business.....	18
Animal Tracks.....	20
Design & Photography.....	21
Books.....	22
To Your Good Health.....	24
Valley Voices.....	28

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Erna Behrent.....	Women's Club
Dan Derr.....	Photography & Design
Locksin Thompson.....	Pool & Spa Repair

Carmel Valley Sun

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Next Issue

We'll discover a little
about Camp Steffani

Increased Connection Fees By Water Management Stir Controversy

The Monterey Peninsula Water Management District will continue hearings on the proposed increase in connection fees at their regular meeting scheduled Monday, September 10, at 7:30 p.m. in the City of Seaside Council Chambers.

Earlier this summer, the Board proposed to raise a sinking fund for financing of a new water supply project by increasing water connection fees. The proposed increase would raise the cost of individual water hook-ups on an average of 4-5 thousand dollars.

During the first hearing, held on August 13 the District proposed and adopted several guidelines that staff would use to draft an ordinance regarding the increased fees. Among the issues discussed were: How much money should be raised annually? How should the charge be calculated? and, Who should be exempt?

Before making their recommendations to the staff the Board opened the hearing to public comments and the increased fees found no supporters in the audience.

John Lotes, Developer of Bay Ridge in the Hidden Hills area and Vice President of the Monterey Peninsula Chamber of Commerce said the Chamber had studied the proposal and found that "the basic approach is wrong and perhaps the basic approach should be challenged one more time." He added, that the "actions proposed are a big disservice to the community." He mentioned further that the District legislation was prepared with a limit put on the amount of money that could be raised until elections were held on specific projects.

Paul Davies, President of the Chamber recommended that the board take no action now or in the near future. "If Jarvis 4 is approved it would appeal any action taken now to modify the hookups. To develop an equitable plan deserves more study." He suggested the board develop an ad hoc committee to study the issue further.

Other protesters were concerned over the substantial investments already made on homes they wished to build for themselves or business improvements already in progress and that the increased fee would make their projects infeasible. More outspoken about the whole issue was Skip Marquard. He said he opposed the original hook-up fee and was alarmed and upset about the increased fee. He said the Department of Real Estate and the State of California guaranteed service of utilities to all subdivisions and that the increased fee would reduce the saleability of lots of record. "I think it's immoral and inequitable that the dam be built on the reduction of property value," and recommended that lots of record be exempt from the increased fee.

District Manager, Bruce Buel, said that there "are some equity problems in only exempting those who have actually secured a permit," but explained that the lots of record constitute a very large percentage of the new hook-ups that would increase the demand for water and that staff felt they should not be exempt.

As a result of the protest, the board could not come to a decision as to who should be exempt from the increased connection fee, but as an interim measure voted to exempt those individuals who had applied for or received their permits before July 9. They also decided that low and moderate income housing should be exempt but could not reach an agreement on whether non-Cal Am systems should be exempt. Other guidance decisions made by the Board said that other governments would not be exempt; remodeling that intensifies water use would have to pay connection fees, and areas that are served by dual systems would have a reduction in the fee proportional to reduction in water use.

Also as a directive to drafting an ordinance on the connection fees, the Board decided to raise \$2.0 million annually which would generate over \$8 million prior to construction. Such revenues would decrease the amount of money that would need to be borrowed and in turn reduce the cost to taxpayers of constructing a dam. Buel explained that with the fees the reduction in costs over the life of the project would be \$35 million.

The Board decided the connection fees would be
Carmel Valley Sun Page 4, September 5, 1984

calculated on a percentage of the building value and on fixture unit count. They could not decide whether industrial rates would be different than residential rates.

Protesters at the hearing disagreed with the Board's concept of saving money for the tax payers and argued that the economic impact of the increased fees would be more devastating than the savings on the bond at the time of construction.

Developer, Carl Hooper said that the Board was looking at the costs in one respect only, and that was in savings in interest. They were not looking at the burden on home buyers whose mortgage payments would be increased because of the increased fee. "If all new homes are to cost \$5,000 more next month than they do this month as a result of water connection charge, the resale price of all homes in the community will go up by a comparable amount," he said.

"An increase of \$5,000 in selling price will increase the mortgage payment on a 14 percent 30 year amortization by \$58.80 per month or \$705 per year or \$21,168 over the 30 year life of the mortgage. Over a period of 8 or 10 years a majority of homes in this community will be resold. So the majority of homeowners and renters 8 or 10 years from now will be saddled with nearly \$63 a month in extra costs."

"Let us assume there will be 20,000 homes sold within the Water Management District over the next 10 years. With an average price inflated by the amount of the proposed fee. Over the life of those 20,000 mortgages, the cost to the community will be \$420 million dollars, about \$14 million a year. But of those 20,000 dwellings, fewer than 4,000 will be new dwellings. The district will collect only \$20 million over 10 years at \$2 million per year but the community pays \$14 million. Would it not be better to spread that \$2 million per year over the entire populace by increasing the monthly service fee," said Hooper.

"Assuming 35,000 customers the average amount of that fee increase would be \$57 per year or \$4.76 per customer. Isn't it better to have a 100 percent of the people pay that \$4.76 per month extra rather than having 60 percent of the people paying \$63 per month extra for the rest of their lives," said Hooper.

Bruce Moore, Director of the Housing Authority said he ran some figures also. He said he was of the opinion that the economic impact of the increased fees would reduce the number of homes that individuals could afford to buy. That loss of homes sold would have a devastating economic impact on the community. "This single action alone would disenfranchise 600 buyers," he said.

"There are other adverse affects," said Moore. He said the University of Michigan conducted a study on what is called the chain of moves, which is that every new house built sets in motion a series of moves by families that are moving up. "The University found that every new house built causes 3.5 moves. We don't know how many houses will not be built as a result of this fee."

At the scheduled hearing, the Board will discuss policy guidance on the issues and review a draft ordinance.

Editors Correction

In the last issue we announced that the Bank of America would participate in the Community Center Music in the Park with a bake sale. Unfortunately, we neglected to include that the proceeds from the bake sale were for United Way. Our apologies to the bank for that error. Fortunately it did not deter buyers and the bakers sold out everything making a nice addition to the United Way fund.

In the last issue we used Village Green as an indicator as to where a pile of trash had been found during a community clean-up day. If we gave the impression that that trash was being dumped by the residents of Village Green we would like to clarify that. The mention of Village Green was only to explain the location of the trash and was not to imply that those residents were doing the dumping.

DMS

Budding Photographer Opens One-Man Show

Birth into a railroad family, a Seaman's Union experience, and a military itinerary including the Pacific and Orient were factors in forming Ray Lindsay's wanderlust and love of human cultures. It was 1960, with his first camera, purchased in Hong Kong, that Ray began a passionate drive to retain what he experienced during his travels.

His favorite place to tour is Mexico. And it is his adventures there that will be shared in a one-man show at the Daniel David Derr Design & Photography Gallery at 10 West Carmel Valley Road. Ray's photos will be on exhibit September 7 through September 27.

In his exhibit, Ray has captured the people of Mexico and their everyday lives. He presents a side of Mexico that few tourists bother to explore. If his show proves successful, Ray's hope is to give something back to the people that gave so much to him. "If nothing else," he said, "I would like to encourage more people to travel there and for them to enjoy it as much as we did."

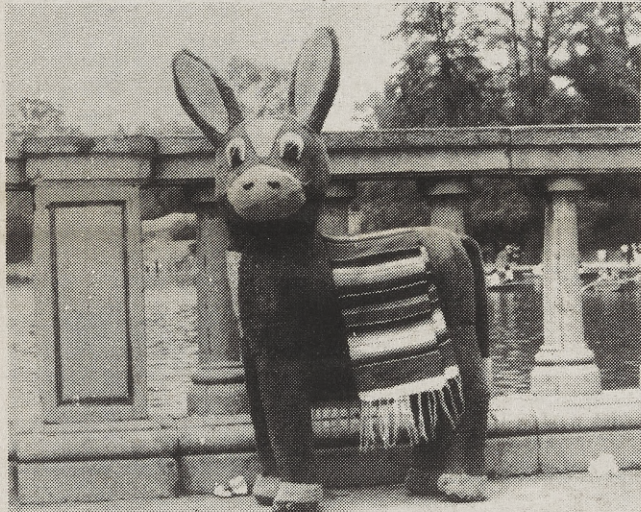
Traveling through Mexico with Ray

were his wife, Veronica, and his daughter, Jennifer. Both are budding writers and hope to someday combine their talents with Ray's photos and produce a book on their travels.

Ray has been a resident of Carmel Valley for fifteen years and has spent all but two of those years as our local postal clerk. His family, which also includes his mother-in-law and his father, are supportive of his love of photography and share his hopes "to be able to travel with the camera so I can enjoy it."

Though his introduction to photography was over twenty years ago, most of his work was stored like most travel shots. Last fall, however, the desire for something more, and better, prompted him to attend a workshop, buy a new camera, and make plans for a spring Mexican sojourn. The result is a series of images that shows the eye of a true artist, a man totally involved with his subjects.

With photos from his Mexican series, Ray won a first, two honorable mentions, and was runner-up for best of show at the photo exhibit at the continued on page 15



Shown here, Ray Lindsay's work shows humor, a good eye, and the real people of people of Mexico. The bottom photo is Ray's award winning picture which won him first prize and honorable mention at this year's Monterey County Fair.

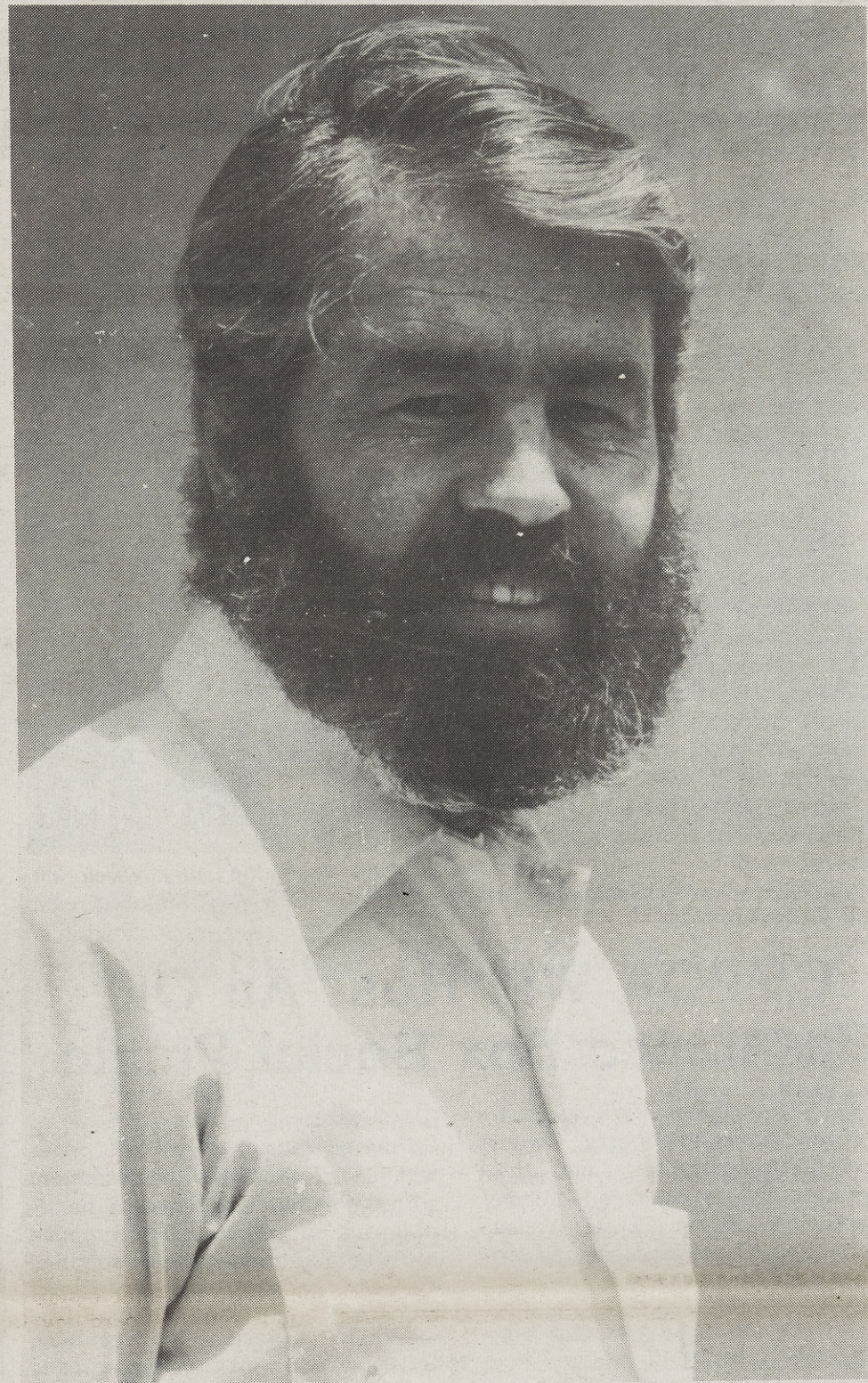
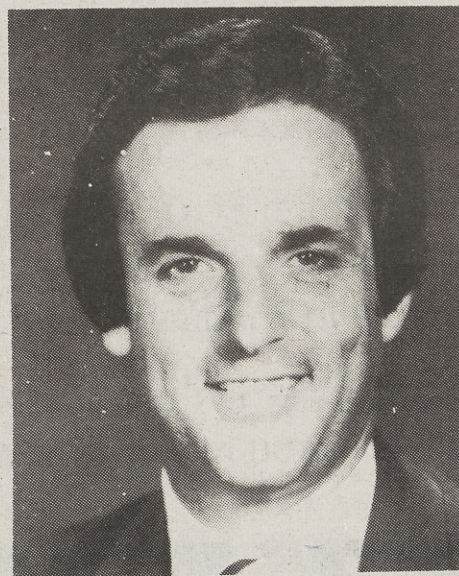


Photo by Dan Derr

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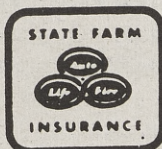
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Cowboys Will Compete For A 1984 Circle J Custom Trailer During Carmel Valley Ranchers Days



Mixed Team Ribbon Roping will be among the events during the Carmel Valley Rancher's Days to be held September 8 and 9 at the Carmel Valley Trail and Saddle Club on Garzas Road.

CVPOA Will Host An Old Fashioned Box Social Picnic

An old fashioned box social for Carmel Valley Property Owners Association members and their families will be held on Sunday, September 16, at Carmel Valley's Community Center, according to Jerry Foote, CVPOA president. Hours will be from 12 Noon to 3 p.m.

Each family, Mrs. Foote said, is being invited to bring picnic boxes, baskets or hampers with enough food for members of that family. The offerings then will be auctioned off to members attending. Prizes will be offered for the most beautiful picnic presentations. Sale proceeds go to the

CVPOA treasury.

Country music, games and prizes will feature the day's entertainment with the name of a speaker to be announced. Soft drinks will be supplied by CVPOA and wine is being supplied through the courtesy of Durney Vineyards.

CVPOA members are receiving reservation information through the association's newsletter with replies requested by September 12 to Box 157, Carmel Valley, CA 93924. Additional information is available by calling 659-3690.

Who will win a 1984 Circle J Custom two horse trailer? That will be decided during Carmel Valley Ranchers Days being held this weekend at the Carmel Valley Trail and Saddle Club. The trailer will be awarded to the All Around cowboy after the two days of competition.

The cowboys will be competing in 3 Steer over/under, Team Penning, Calf Branding, Mixed Team Ribbon Roping and more. Competition is both Saturday, September 8, and Sunday, September 9.

Entertainment and fun is also scheduled for those who are not competing. A steak barbecue is scheduled for both days beginning at noon. The barbecue is \$7.50 per place. Breakfast is available from 7:30 a.m. and throughout both days hot dogs and hamburgers will be available as well.

On Saturday only, there will be a dance featuring the music of the Coast Ridge Boys. Admission to the dance is

free. Music begins around 7 p.m. and will end at 10 p.m.

Ranchers that helped to sponsor the trailer as a grand prize include Rancho Chupinos (The Wilsons), Tootie Truesdell, Will Fay (Wells Fargo), Kent Heneks, Lambert Ranch, Whiffletree Ranch (Jack Swanson), DeAmaral Ranch, Rana Creek Ranch, Jerry Wilkinson, Hidden Hills Arabians (The Bomaritos), Oak Hill Arabian Ranch (The Pritchards), Rancho Del Sueno (The Durneys), Hap Richardson's, Maj. Gen. Star McClellan, Jim Gianolini, Walker Brothers, Virginia Bell Ranch, Joe Zinani, Harry N' Katy, Louie Zinani, Dale Vandervort, Berta Ranch and Porter-Marquard. Special sponsors include Bosc's Feed Bag, The Wagon Wheel, Porter-Marquard Realty, The Pub, Fat City Feed Lots and the Azevedo Bros.

For more information on Carmel Valley Ranchers' Days call 625-2606.

Match The Brands

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Will Fay
Kent Heneks
Lambert Ranch
Whiffletree Ranch
Deamaral Ranch
Rana Creek Ranch
Jerry Wilkinson
Hidden Hills Arabians
Oak Hill Arabian Ranch
Rancho Del Sueno
Hap Richardson's
Maj. Gen. Star McClellan
Jim Gianolini
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Virginia Bell Ranch
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Harry N' Katy
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Berta Ranch
Porter-Marquard

& S 27 A
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 RH D M
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See Answers Page 19

PAID POLITICAL ANNOUNCEMENT

On September 7th, come see Howard Brunn working Full-time

Now that Howard is no longer occupied with business interests and has sold his store, he's going to be a *full-time* campaigner and a *full-time* supervisor.

On September 7th, from 4:00 to 6:00 PM, he'd like to see you at the opening of his new "Brunn for Fifth District Supervisor" office, in the Catlin Building, at Carmel Rancho Lane.

Of course, if you can't make it, the office will be open from 10 to 5, six days a week. You're welcome any time.

BRUNN

Howard Brunn for 5th District Supervisor
Mailing Address: P.O. Box 6267
Carmel, California 93921
Phone 624-6204

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A.J. Stotler of Comsat Will Be The Chamber Luncheon Speaker

A. J. Stotler, Director of Communications Satellite Corporation (Comsat) operations in Jamesburg, Carmel Valley, will be the guest speaker at the monthly luncheon meeting of the Chamber of Commerce serving Greater Carmel/Carmel Valley on Thursday, September 13, at the Los Laureles Lodge, Carmel Valley Road, at 12 Noon. Mr. Stotler will provide background information on Comsat and will discuss the proposed expansion plans at the Jamesburg Earth Station.

A.J. Stotler received an Associate of Science degree in Electronics from Allan Hancock College, Santa Maria, California, and a Bachelor of Arts degree in Political Science from Upper Iowa University, Fayette, Iowa.

From 1947 to 1967, he served in the United States Air Force. His Air Force experience included twelve years in Airborne Radio-Radar Systems specializing in Communications and Navigation Equipment Operation and Maintenance. This experience was followed by eight years with various USAF Space Programs at Vandenberg

Air Force Base in California.

Mr. Stotler has been employed by Comsat since 1967. He was first a Senior Staff Engineer in Satellite Communications Operations for eight years, followed by a position as Plant Manager for Earth Station Operations and Maintenance. He became Station Manager of the Jamesburg Earth Station in February 1979. In December, 1983, Mr. Stotler was promoted to director and given additional responsibilities for all of the Comsat Earth Station Operations in Hawaii, American Samoa, Saipan, and the Islands of Micronesia.

Mr. Stotler is active in the Carmel Valley Kiwanis Club, and is a member of the Chamber of Commerce serving Greater Carmel/Carmel Valley. His work with the Kiwanis organization has brought special recognition to him as a distinguished President from the Kiwanis International.

The public is invited to attend this lunch meeting. Reservations are necessary, and may be made by calling 659-4000.

The CUSD Board Has A Meeting Scheduled For September 6

The Carmel Unified School District Board of Education will hold their regular meeting on September 6 at 7 p.m. at the Carmel Middle School library. On the agenda will be action items as well as information items.

Scheduled as action items are approval of Board Policy for "Pupil Transportation Fee", authorization to

purchase a new bus, adopt 1984-85 Budget and schedule of board meetings for the first semester.

Scheduled as information items are the enrollment report, school opening status report and marketing public schools report.

The meeting is open to the public. For more information call 624-1546.



Carmel Valley now has its own Jaycees club which has just recently been organized. Recently the fledgling club had its first election of officers. Elected to head the group are (left to right) Kathie McCrary, Treasurer; Hamid Young, Vice President of Management; Bill Patenaude, President; Steve Wolff, State Director; and Martha Zoellin, Vice President of Community Development. Also elected but not pictured is Diane Aiello, Secretary. For more information on membership into the Jaycees call Bill Patenaude at 373-4711.

Photo by Debi Effron.

Women's Club Membership Tea Will Be Held September 5

The Carmel Valley Women's Club will meet on September 5th for the Annual Membership Tea from 2 until 4 p.m. at the home of Dorothy Hatch, 63 Rancho Road, Carmel Valley. Board members will be hostesses for the event. Those interested in joining the club are invited to attend.

Some of the events sponsored by the Women's Club throughout the year are luncheons, a silent auction, a fashion show, a card party, slide presentations, wine tasting, a musical program, and a speaker who will show and explain his unusual creations from "found things."

Community organizations are the recipients of the proceeds from the club's functions. Those receiving donations from the club last year included the Carmel Valley Community Center's pool and landscape funds, the Carmel Valley Fire Department, the Mid-Valley Fire Department, the Carmel Valley Library, Hidden Valley Music Seminars, the Hospice of the Monterey Peninsula, the Rippling River Resident's Fund and the SPCA.

For further information about the club and its programs call Sally Fargo at 659-5329.

CircleVision Founders Will Speak At PWN Luncheon Meeting

The women who founded CircleVision, a consciousness raising group who promote peace through the use of art visuals, will make a presentation at the regular monthly brown bag luncheon sponsored by the professional Women's Network of the Monterey Peninsula on Tuesday, September 11, 1984, at 12 Noon at The Crossroads Community Room.

PWN members Carol Donald and Lynn Larson are among the founders of CircleVision. They will discuss CircleVision and explain how it started

and where it is going. CircleVision is a partnership, focused primarily on women, that believes the end result of its consciousness raising efforts will be the prevention of nuclear war.

Their partnership poster, painted by Lynn Larson, well known local artist, is well-exhibited in this area. Future posters will feature within them a political/humanitarian statement.

Brown bag luncheons are free to PWN members. Non-member admission is \$3. Call 659-3933 for more information.

The Carmel Valley Property Owners Association Will Meet September 12

The Carmel Valley Property Owners Association will hold their regular board meeting on September 12, 1984 at 7:30 p.m. at St. Dunstan's Church.

The tentative agenda includes plans for the CVPOA Picnic.

For more information call 624-1345.

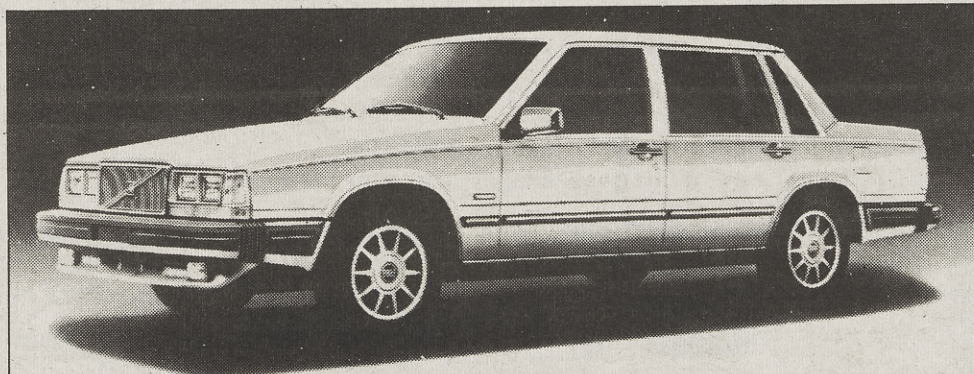
Community Pool Announces New Hours

Now that summer is over and school has begun the Barracudas announced the new schedule for the Community Center Pool.

Beginning September 1, the new pool hours will be Barracuda practice 4-5:30 p.m., Masters swim 5:30-7

p.m. Monday through Friday. Recreation swim will be Saturday and Sunday only from 1-4 p.m. This schedule will remain intact until October 21.

For more information call 659-2606, or the Community Center at 659-3983.



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The Monterey Jazz Festival Celebration

The best in the world of Jazz returns to the Monterey Peninsula for the Monterey Jazz Festival September 14, 15, and 16 at the Monterey county Fairgrounds. Lionel Hampton will head the Festival line-up.

The Festival opens Friday evening with the Rising Stars of Jazz—the 1984 California High School All Star Jazz Band; a saxophone summit featuring Benny Carter, Richie Cole, Eddie “Lockjaw” Davis and Al Chon; Ernestine Anderson with the MJF house band featuring Mundell Lowe, Shelly Manne, George Duvivier, Hank Jones and Clark Terry; Bobby McFerrin; and Lionel Hampton and his Orchestra.

Saturday afternoon once again brings the Blues showcase featuring a reunion of the Johnny Otis Rhythm & Blues Revue with special guests Little Esther Phillips, Big Jay McNeely, Eddie “Cleanhead” Vinson, Eric Bobo, Cathy Carille and Little Johnny Chrisley. Saturday evening kicks off with a festival favorite—Brazilian dance troupe Batucaje; the Denny Zeitlin Trio; Richie Cole & Alto Madness; Full Swing; and Grammy-award winner Tito Puente and his Latin Jazz All Stars.

Sunday afternoon presents the winners of the 14th Annual California High School Jazz Competition the Eagle Rock High School Big Band and the Aptos High School Combo. Following them will be Clark Terry, Slide Hampton, Transit West, the Shelly Manne Trio and the Rising Stars of Jazz—the 1984 California High School All Star Jazz Band.

Closing down the 27th Annual Monterey Jazz Festival on Sunday

evening will be co-host Billy Eckstine with Maiden Voyage; the Matteson-Phillips Tubajazz consort; and an all star Festival Finale featuring Benny Carter, Richie Cole, James Moody, Al Cohn, Eddie “Lockjaw” Davis, Clark Terry, Bill Berry, Slide Hampton, Harry “Sweets” Edison, Carl Fontana, Mundell Lowe, Hank Jones, George Duvivier and Shelly Manne.

Monterey Jazz Festival General Manager Jimmy Lyons has announced that the MJF will once again sell Grounds Admission tickets to the three-day event. These tickets will be sold for \$10 per person per day. A Grounds Admission ticket will allow the bearer unlimited access to entertainment on the Garden Stage from gate opening until 8 p.m. and in the Festival Night Club from 8 p.m. until 12 midnight daily as well as number of food, arts and crafts booths along the concourse of the Monterey County Fairgrounds. Lyons also announced that season tickets have sold out for the fifth consecutive year.

The only area inaccessible to Ground Admission patrons will be the main Arena. However, many of the same artists scheduled to appear on the Main Arena Stage will also be featured on the Garden Stage or in the Night Club.

To purchase Grounds Admission tickets in advance, send name, address and a money order in the amount of \$10 per ticket per day (indicating number and days of tickets desired) and a self-addressed, stamped envelope to the Monterey Jazz Festival Box Office, 325 Mason Street, San Francisco, CA 94102. In the event that the maximum number of Grounds Admission ticket sales is not reached



prior to the Festival, they will also be available at the gate during the event.

The Monterey Jazz Festival is the oldest continuous jazz festival in the country, a non-profit, educational organization responsible for over \$429,000 in donations to music and education in the past 26 years.

Facts About The Jazz Festival

The Monterey Jazz Festival is under the direction of a 15 member Board of Directors. In 1983, this Board made a major policy decision—to devote all available funds to the creation and operation of a unique, comprehensive program of jazz education in 17 local high schools and colleges: The

Monterey Jazz Festival's Jazz Education Fund. The program was ushered in along with the 1983-84 school year.

Some of the accomplishments of the Education Fund includes creating an instrument bank worth over \$50,000 from which participating schools are loaned necessary instruments; creating an extensive sheet music library and providing the schools with access to an extensive collection of recorded jazz so that the students could hear jazz as performed by the masters of the craft.

These are only a few of the things accomplished by the Jazz Festival proceeds.



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Crosswords PLUS

Edited by Stanley Newman
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ACROSS

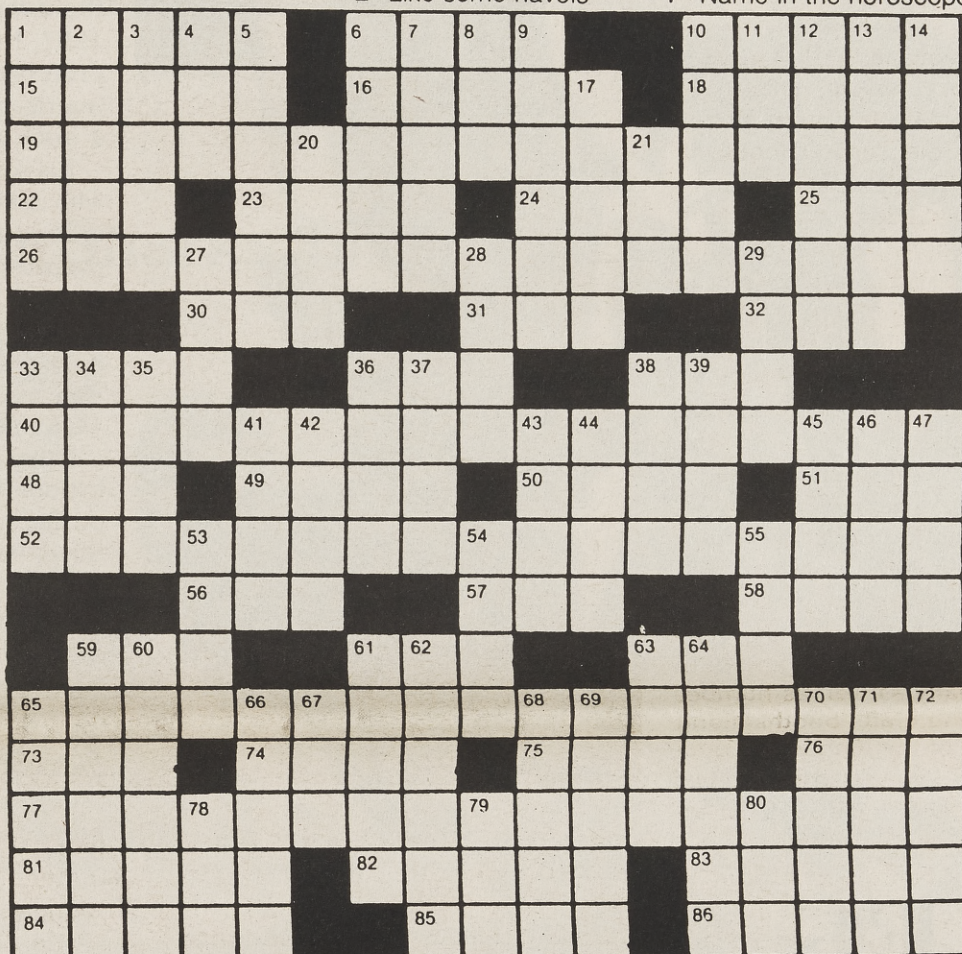
- 1 Fold evenly
6 *DIPLOMACY* stratagen
10 Caspian cottage
15 Lunar depression
16 *La Traviata* tunes
18 Off to one side
19 *R.S.V.P.*
22 Copied PAC-MAN re the dots
23 Have an aversion to
24 "I _____ at the office"
25 Word in a Latin primer
26 *CLUE*
30 "Who _____ you?"
31 Churchill's gesture
32 Erhard's bag
33 Play an ice game
36 Unfold, poetically
38 Rather
40 *MONOPOLY*
48 Start of a nursery rhyme
49 Eye cosmetic
50 Warrant
51 Spanish queen
52 *MASTERMIND*
56 Comic actress Charlotte
57 LP connection
58 Robert _____
59 Year in reign of Antoninus Pius
61 He "made the pants too long"
63 Sweet girl of song
65 *OTHELLO*
73 High point of a trip to Europe
74 Bring up
75 Post-lunch pds.

- 76 Meadow
77 *FLINCH*
81 Regions
82 Cuneiform tools
83 Extant
84 Some Scandinavians, to themselves

- 85 Or _____
86 Competed in the Messenger Stakes

DOWN

- 1 Name in old Troy
2 Like some navels
3 Games-playing folk
4 His game was boxing
5 _____-ball; outdoors game
6 _____-cake; toddler's game
7 Name in the horoscope



(Editor's note: Crossword solvers are welcome to write Crosswords PLUS editor Stanley Newman with any questions pertaining to this issue's crossword or crosswords in general. All queries will be answered. Write Stanley Newman, American Crossword Federation, 443 Park Ave., South, New York, N.Y. 10016.)

- game
8 AFL partner
9 Mess
10 Office equipment
11 Player's rep.
12 Soccer gear
13 Anti-social one
14 Fabulous writer
17 Player of a bondage game
20 Swiss river
21 First lady
27 One, to Mohs
28 Gear of the Galloping Gourmet
29 Posted
33 Some swans
34 Two-toed sloth
35 "_____ the whirlwind"
36 Snake: comb. form
37 Joey, and the like
38 Click beetle
39 Part of A.D.
41 Soup stuff
42 An action in many games
43 Bear young, as a goat
44 "Boss," Italian style
45 Fishing need
46 Start of many a tale
47 Like the white rabbit
53 He was in the *CHIPS*
54 Austen novel
55 Taunt
59 Kind of form?
60 One who errs
61 Minor fights
62 Charge, in a way
63 Queen of Egyptian gods
64 Open
65 The deuce
66 Wipe out
67 Sun. offering
68 Racetrack locales
69 Miss Clinker
70 Derived from oil
71 Go
72 Like some seals
78 Child's game
79 Spoken unit of lang.
80 So. st.

see answers page 20

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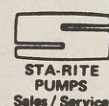
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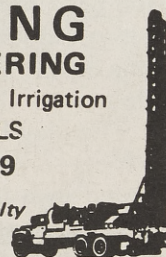


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ENTERTAINMENT

C.V. Inn Presents Jake Stock And Friends



The fine sounds of Jake Stock and his son Jackson Stock will be emanating from the Tavern located in the Carmel Valley Inn on Carmel Valley Road at Los Laureles. Jake Stock will be appearing at the Inn on September 5 and 12. Jackson Stock will appear on September 6 with Buddy Jones and his Mini Big Band and again on September 13.

Jake is a traditional Blues and Dixieland horn player, well-known and respected among aficionados of the genres. He was the opening act at the first-ever Monterey Jazz Festival in 1957. He interrupted his career as a professional musician when he got married and spent twenty-five years as a brick mason for Angelo DeMaria.

His son, Jackson, periodically plays with Jake and his "Abalone Stompers" around the peninsula. Jackson, who plays trombone, will also be appearing at the C.V. Inn with Buddy Jones and his Mini Big Band. Buddy Jones is a bass player and is listed in Leonard Feather's *Encyclopedia of Jazz Musicians*.

Other musical happenings at the Inn include the appearance of the Sharks on September 7 and 8 and the John Silver Band on September 14 and 15.

For more information on the upcoming entertainment call the Tavern at 659-3131.

Jake Stock (center) will be performing at the C.V. Inn along with his son Jackson Stock (left). The others in the group include (right) Fast Eddie Erickson, (back row) Bob Phillips (left) and Jackie Coon (right).

BREAK A LEG

by Grace Darcy

Cal-Rep's presentation of Harold Pinter's *Betrayal* is a droll comedy, short and to the point, that starts at the end and goes back to the beginning. That's it in a nutshell.

Emma is married to Robert, but has an affair with Jerry, Robert's best friend. The play begins when the two lovers meet some time after the affair has ended in a little pub, a familiar place to them both. When Jerry finds that Emma has told Robert of their affair, he is astonished and upset, not because he has betrayed his best friend, but because his best friend knows about the betrayal.

The play then proceeds backwards, tracing the lovers and Robert back to the beginning of the affair. *Betrayal* is an appropriate title. Emma betrays Robert, who already has betrayed her. Jerry betrays his wife, Judy, and the audience, through the dialog, learns that Judy probably is betraying Jerry too. Judy never appears. Emma is very much in evidence.

Jean Gilpen plays Emma with the appropriate mix of passion and prudence. She does not loathe Robert, nor does she even dislike him. She simply yearns for Jerry, who, it is revealed at the end of the play, was the one who began the affair, who was, if you will, the aggressor in the matter.

Jarion Monroe is excellent as

Robert. He is a stoic man, whose words betray his emotions. He is always under control. Shortly after he learns of his wife's affair with Jerry, Robert sits civilly in a pub with Jerry, and they discuss the mundane matters of their business world.

Michael Flynn does a fine job as Jerry, although he never quite understands that he has betrayed his best friend. He is shocked only that Emma had the audacity to tell Robert of the affair.

Called comedies of menace, Pinter's early plays introduced bizarre and mysterious situations merely to point up the absurdities and ambiguities of the human condition. He is noted for his precise dialogue, and *Betrayal* is no exception. Some of its best lines were short, clipped statements.

Betrayal is a short play—1½ hours, including a 15 minute intermission. The three main characters do their work well. They are convincing, indeed, and this viewer, at least, admired the aplomb with which they carried on their lives despite the many betrayals they both "gave and received."

The sets were delightful and practical, thanks to Ron Pratt and Gene Angell. Karen Ohlmann did well as the Costume Designer for the play, and Derek Duarte did splendidly with the lighting, which was most important to

the staging of the play. The stage manager, Barbara Lane, is to be lauded, as is director Howard Malpas.

For light, pleasing theatre, do take yourself and a friend to Cal Rep on

Ocean View Boulevard, Pacific Grove. *Betrayal* will play through September 9. The reservations number is 372-4373.

MPC Presents The Comedy "Beyond Fringe"

Beyond the Fringe, an irreverent British comedy revue written by Alan Bennett, Peter Cook, Johathan Miller and Dudley Moore, will begin a west coast tour at Monterey Peninsula College on Friday and Saturday (Sept. 7 and 8) at 8 p.m. in the theatre.

Having premiered in London in 1962, the production has just enjoyed critical and box office success in a two-year run on stage in San Francisco under the direction of Peter Nyberg, who also served as guest director in the MPC summer theater production of *A Flea in Her Ear* this year.

The revue is considered a forerunner of the well known Monty Python style of humor and features five performers—Clive Chafer, Scott Rankine, Philip Sales, Tracy Thornell,

and Brian Sherman at the piano. The cast lampoons nearly every aspect of society, from religion, politics, and the American way of life to Scotland Yard, Shakespeare, and the English way of life.

Skits range from TV interviews to sermons to situations, including one called "Bollard," which involves the making of a cigarette commercial by four mincing queens. Another satirizes a variety of Shakespearean productions in *So That's the Way You Like It*. Piano interludes accompany and connect the skits in compatible musical humor.

Tickets for the performance are \$6, available at the door or in advance through MPC Community Services (646-4051).

Tickets For The Pointer Sisters Concert Are On Sale

LOBOS Productions, who sponsored the exciting Beach Boys concert, will present the Pointer Sisters in concert on Sunday, October 14. This event is the second of the SUN, SOUND, SECA concerts to be held at Laguna Seca Recreation Area located on Highway 68 between Salinas and Monterey.

Gates to the concert will open at 9 a.m. with the activities for the day starting at 10 a.m. Morning activities include a 'Michael Jackson'—Dance-Look-A-Like-Contest, and Recreation Vehicle Show, 'Kitty Hawk's hang-gliding demonstrations, and more. The concert will begin at 12 Noon with special guest appearances by two well known bands, who will soon be announced. Following this will be the grand finale,

the Pointer Sisters, who begin their performance in the afternoon.

Advance tickets for the concert are \$12.50 and are available at the Sherwood Hall Box Office, Ticketron, Bass outlets and the San Jose Box Office. Tickets the day of the event will be \$15. Attendance will be limited to 18,000.

In addition, concert-goers may purchase tickets by phone at both the following Ticketron and Bass outlet numbers: Ticketron 758-7477 and Bass outlet ticket center 424-6422. Both Lance Bogg and Lynn Aeibi will handle all purchases by phone.

SUN, SOUND, SECA is a LOBOS Production. Corporate sponsor is KWAV-FM.

The Sharks Invade C.V. Inn



The Sharks will appear at the Tavern at Carmel Valley Inn on September 7 and 8.

Laguna Seca Announces Quinn's Cooler As Main Event for Upcoming Race

Laguna Seca Raceway, Monterey, and Guild Wineries of Lodi today announced the sponsorship of the 300 kilometer Indy Car road race by Quinn's Cooler, a new product from Guild Wineries. Quinn's Cooler has already made an impact on the wine cooler category of the beverage industry.

The main event of the October 20 and 21 weekend at Laguna Seca will be called the Quinn's Cooler 300, which is part of the PPG Indy Car World Series, sanctioned by Championship Auto Racing Teams, Inc.

"We are pleased to have Guild continue its position with us as a major sponsor commented Lee Moselle, Laguna Seca's Executive Director. "Guild's presence here helps continue the prestigious nature of the weekend. Last year Guild announced its Cribari Wines brand as the race sponsor and we are pleased that they have designated their newest product, Quinn's Cooler, for the 1984 event."

The Quinn's Cooler 300 will be part of the 27th annual Monterey Grand Prix weekend, one of the country's oldest racing dates. Other events to be presented that weekend will include the Robert Boxch Super Vee

Series, the Bilstein Rabbit Cup, the Nor-Am Pro Fords and the Jim Russell Mazda Pro Series.

"We are most happy to be able to continue the relationship which so successfully began at Laguna Seca last season," said Gerard Pasterick, President of Guild Wineries and Distilleries. "We feel that Laguna Seca, one of the premier tracks in the nation, and Guild's high quality products are a solid combination.

"Quinn's Cooler is an exciting new product, perfect for racing fans. Everything fans look for in a wine cooler can be found in Quinn's. It is light, it is natural and the fresh taste of Quinn's is clearly preferred by consumers over others in the market."

At Laguna Seca, Quinn's Cooler will also present a pole position trophy to the fastest qualifier and Guild's Cribari Champagne will be used in all victory circle ceremonies.

All of the top drivers are expected to return to Monterey Oct. 20 and 21, including Indy winner Rick Mears, Mario Andretti, the Unser family, 1983 Indy winner Tom Sneva and many, many more.

Carmel Valley Sun Page 11, September 5, 1984



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September 7-8
The Sharks
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September 13
Jackson Stock
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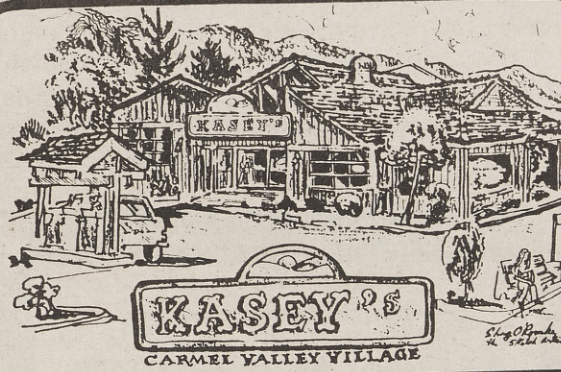
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Museum Invitational Show Features "Creative Spirit Of 1984"

Paintings, sculptures, photographs, and constructions will be among the works on display under the title "Oh Well, Orwell: The Creative Spirit of 1984" in the Monterey Peninsula Museum of Art from September 15 through October 14.

This invitational show has been organized by the Museum using 36 "local artists whose work is contemporary," according to Museum Assistant curator/Registrar Rick Deragon. "The work is varied in media, scale, and artistic attitude. One will see that the work in the exhibition holds up favorably to anything done elsewhere."

Planning for the show began in early 1984 as part of an ongoing effort by Museum staff to collect and exhibit works by local artists. Participating artists were asked to react either to the political or social realities of 1984 or to the direction of modern art on the Monterey Peninsula. Artists wishing to display work were told only that the works must have been completed in 1984 and that the work should not be shown to any other artist.

"It's an opportunity for the artist to break away, perhaps, from their normal working patterns. A lot of them

have produced something socio-political where normally they wouldn't," Deragon explained.

"It's also a chance for us to assess the caliber of work that's being done in that area."

Artists participating in the exhibition are Jim Alinder, Sharon Andreason, Lucas Blok, Martha Pearson Casanave, Sam Colburn, Dick Crispo, Janet De La Roche, George De Groat, Victor Di Gesu, David Featherstone, Maureen Fenton, Barclay Ferguson, Alex Gonzales, Adrienne Harkins, Bonnie Hawthorne, Susan Kingsley, David Ligare, Barry Masteller, Donald William Mathews, Tom Millea, John Boit Morse, Edmund Moody, Karne Ann Nagano, Michael Pavlov, Claire V.C. Peeps, Clayton Pinkerton, Chris Rainier, Joan Savo, Stone and Deguire, Jerry Takigawa, Eve Tartar, Milan Tiff, Gerald Wasserman, Andy Williams, and Lestar Zucchini.

Works in the exhibition will remain on display in the Museum, at 559 Pacific Street in Monterey, Tuesdays through Saturdays from 10 a.m. to 4 p.m. and Sundays from 1 to 4 p.m. The Museum is closed Mondays and holidays.

P.G. Art Center Announces Fall Classes

The Pacific Grove Art Center announces their fall schedule of art classes to be held at the Center at 568 Lighthouse Ave., Pacific Grove.

The classes are:

— Life Drawing, evening class, taught by George DeGroat, Mondays 7-10 p.m. for 12 weeks beginning September 10. Tuition is \$125.

— Art Appreciation: from Lescaux to L.A. taught by Dick Crispo, Thursday evenings, 7-9 p.m. for 12 weeks beginning September 6. Tuition is \$100.

— Painting workshop and Seminar, taught by Dick Crispo, September 7 and 8, 10 a.m. to 4 p.m. The fee is \$150. This seminar is designed for the advanced student in painting and graphics. Crispo will analyze and critique and discuss marketing techniques.

— Multi-Media Art Class, taught by Joyce Lair for children 8-12 years old. Classes are Fridays, 3:30-4:30 p.m. in Gallery 19.

For more information call 375-2208.



Theodore Wores, "Sunshine and Cherry Blossoms, Noge-yama, Yokohama" oil on panel. From "Theodore Wores 1859-1939: A Retrospective Exhibition" on display in the Monterey Peninsula Museum of Art September 15-October 14.

Museum Of Art Exhibit Features Wores Paintings

Scenes from Meiji Era (1868-1912) Japan and turn-of-the-century Europe will be among the paintings by Theodore Wores on display at the Monterey Peninsula Museum of Art from September 15 through October 14.

Wores, born in San Francisco in 1859, was well-known during his lifetime for those "exotic" scenes of Japan, several European countries, and San Francisco's Chinatown. He studied in Europe during the early 1890's with artists including William Merritt Chase, Frank Duveneck, and John Twachtman, then met James McNeill Whistler in Venice.

Whistler's interest in Japan inspired Wores to be among the first western painters to work extensively in Japan. His first trip to that country took place in 1895, 27 years after the Meiji Restoration legally abolished Japan's feudal system. The scenes he painted

at that time were idealized views of Japan as it was ending 250 years of almost total isolation from other countries and reopening to foreign trade and cultural influences.

Wores' paintings lost much of their popularity after his death and a collection of more than 50 of them languished in a storeroom in San Francisco until Dr. Ben A. Jess Shenson of San Francisco rediscovered them in 1959. Their work in collecting Wores' paintings and making them available for public viewing have resulted in the current exhibition, which they organized as a traveling show displayed in museums throughout the United States.

It will remain on view in the Monterey Peninsula Museum of Art, at 559 Pacific Street, Tuesdays through Saturdays from 10 a.m. to 4 p.m. and Sundays from 1 to 4 p.m. The Museum is closed Mondays and holidays.

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Marjorie Evans Gallery Will Display "Images of China"

China's drive to equal other world powers in science, education, agriculture, and industry has fostered a mass communications blitz through the medium of the poster. An exhibition called "Images of China: East and West" effectively juxtaposes the goals and aspirations of the Chinese government with the current living conditions of the people. The exhibition of 21 Chinese posters and 74 photographs taken by Westerners was organized and sponsored by Metromedia, Inc., Los Angeles, and developed for circulation by the Smithsonian Institution Traveling Exhibition Service (SITES).

"Images of China: East and West" opens at the Marjorie Evans Gallery at Sunset Center, 8th and San Carlos, Carmel, on Monday September 10, 1984 where it will remain on view through Thursday, October 4, 1984. The gallery is open 9 a.m. to 5 p.m. weekdays and closed weekends.

Posters in America, both decorative and functional, adorn bedroom walls, subways, and buildings. In the People's Republic of

China, however, the poster serves a much more serious purpose. Though China houses one-fourth of the world's population, its people are served by only five million radios and a handful of mass circulation newspapers and magazines. The answer to this communication problem has long been the poster which fosters the government's goals for the people in terms of education, population control, agriculture, science, entertainment, industry, crafts, transportation, daily life, communication and medicine.

While in China, Metromedia, Inc. Art Director Len Rubenstein collected a large number of these graphics from walls along the streets, factories, and schools. Rubenstein and James Caldwell, Metromedia director of photography, have documented with photographs the realities that correspond to the idealistic posters, addressing their importance within the context of the Chinese culture.

Everyone is invited to view this exhibit. There is no admission charge.

P.G. Art Center Features Ansel Adams Memorial Exhibit

The Ansel Adams Memorial Exhibition, curated by Virginia Adams and spanning over 53 years of creative activity will open at the Pacific Grove Art Center on September 14 at 7 p.m.

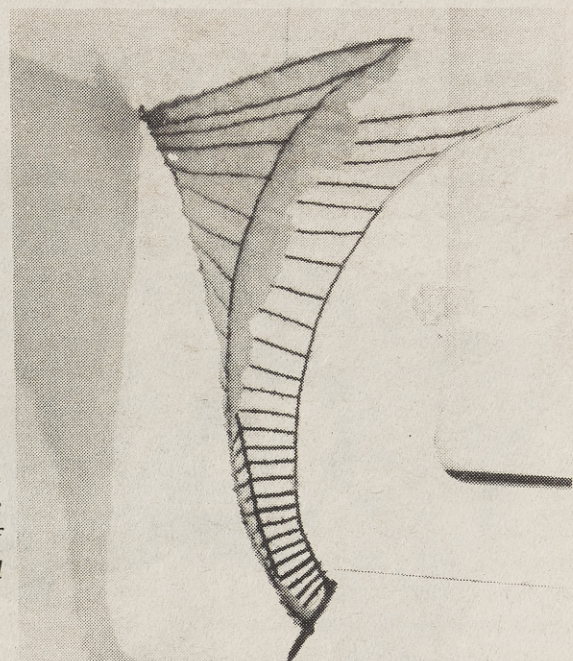
Adams, one of the greatest artists of our time, made an unequalled contribution to the art and techniques of photography. His first individual exhibitions were at the Smithsonian Institution in Washington, D.C. in 1931, the M.H. de Young Memorial Museum in San Francisco in 1932, followed by the famous exhibition at Alfred Stieglitz' *An American Place* in New York. Adams' work continued to draw world attention as he exhibited in major museums and galleries throughout the U.S. and Europe for the remainder of his life.

Recognition of his phenomenal

talent came early. He received scores of awards, including three Guggenheim Fellowships, the United States President's Medal of Freedom, honorary doctorates from the University of California at Berkeley, Yale University, the University of Massachusetts, the University of Arizona and Occidental College. He was a member of the American Academy of Arts and Sciences and an honorary Fellow of the Royal Photographic Society, London.

Ansel Adams was a member of the board of Directors of the Sierra Club from 1934-71 and founder of the Friends of Photography in Carmel in 1967. The Memorial Exhibition was first exhibited by and is on loan from the Friends of Photography in Carmel.

"Seine" by Bella Tabak Feldman will be on display along with many of her other works at the Monterey Peninsula Museum of Art. On exhibit with Feldman will be the works of John Babcock.



Babcock and Feldman Works Will Be On Display At Museum Of Art

Contemporary works in handmade paper by John Babcock and mixed media sculptures by Bella Tabak Feldman will be on display in the Monterey Peninsula Museum of Art from September 15 through October 14.

Babcock, whose work has been displayed in numerous galleries throughout California, New York, and Texas, works in Swanton Valley south of San Francisco exploring "paper-making as an art form." The San Francisco State University graduate has, he explained, molded paper "in a sculptural way, though ending with a smooth surface. Early pieces were highly textured and topographical in nature, reminding one of earth's sculptured surfaces and lunar landscapes."

Feldman, an instructor at California College of Arts and Crafts in Oakland since 1964, works in rosecan resin and fiberglass.

"The work takes on plant-like forms. Though they are large in scale, they are delicate in nature," Museum Assistant Curator/Registrar Rick Deragon observed. The work, he continued, "conjures up an undersea world or lush tropical realm where these vegetal forms are clinging to nearby surfaces. To immerse oneself in these works is to enter a fantasy world."

Babcock's and Feldman's work can be seen at the Museum, at 559 Pacific Street in Monterey, Tuesdays through Saturdays from 10 a.m. to 4 p.m. and Sundays from 1 to 4 p.m. The Museum is closed Mondays and holidays.

"Better Than Usual Sale" Scheduled For This Weekend

The Monterey Peninsula Museum of Art will hold its "Better Than Usual Sale" Saturday, September 8, at the Monterey Fairgrounds from 9 a.m. to 3 p.m.

This sale remains the place to find a variety of elegant treasures, choice collectibles, and authentic antiques. Proceeds from the event provide funding for the Museum's ongoing efforts to collect and present artwork for Monterey Peninsula residents and visitors.

The "Better Than Usual Sale", as is the case with the Museum's annual Festival of Trees, is a volunteer activity of the Museum. Approximately 26

women will have worked weekly for more than four months by the time the sale is held, according to Sale Chairman Edith Murphy. Volunteers begin working daily to collect, clean, sort, and mark the merchandise as the day of the sale approaches.

Items included in the sale are "collected from discriminating members and others for a discriminating public," Sale Publicity Chairman Anne Yost explained. "This is no rummage sale as is commonly known; this is a sale which is much respected for the quality of items."

For more information regarding the sale call Mrs. Yost at 659-4892.

Museum Of Art Docents Training

Training for new docents in the Monterey Peninsula Museum of Art is scheduled to begin Monday, September 17, at 10 a.m. The weekly training sessions will continue for six weeks.

Docents are required to serve in the Museum a minimum of three hours per month. Their responsibilities range from conducting visitors through the Museum and giving classes at local schools through the Creative Response Program to helping with installation of exhibitions.

Anyone interested in joining the 42 docents who provided a total of 2,400 hours of volunteer work last year can obtain an application for the training sessions at the museum, at 559 Pacific Street in Monterey.

For further information call 372-7591.

SPCA Volunteer Orientation Scheduled

The Monterey County Society for the Prevention of Cruelty to Animals will sponsor a volunteer orientation on Saturday, September 15 from 10 a.m. to 3 p.m. in the education building, 1002 Highway 68. La Donna Babione, Volunteer Coordinator, will be teaching the course. There is a special need for volunteers as adoption counselors, shelter guides and benefit shop volunteers.

Adults or children over 12 years of age may call the SPCA at 373-2631 to reserve a place in the class.



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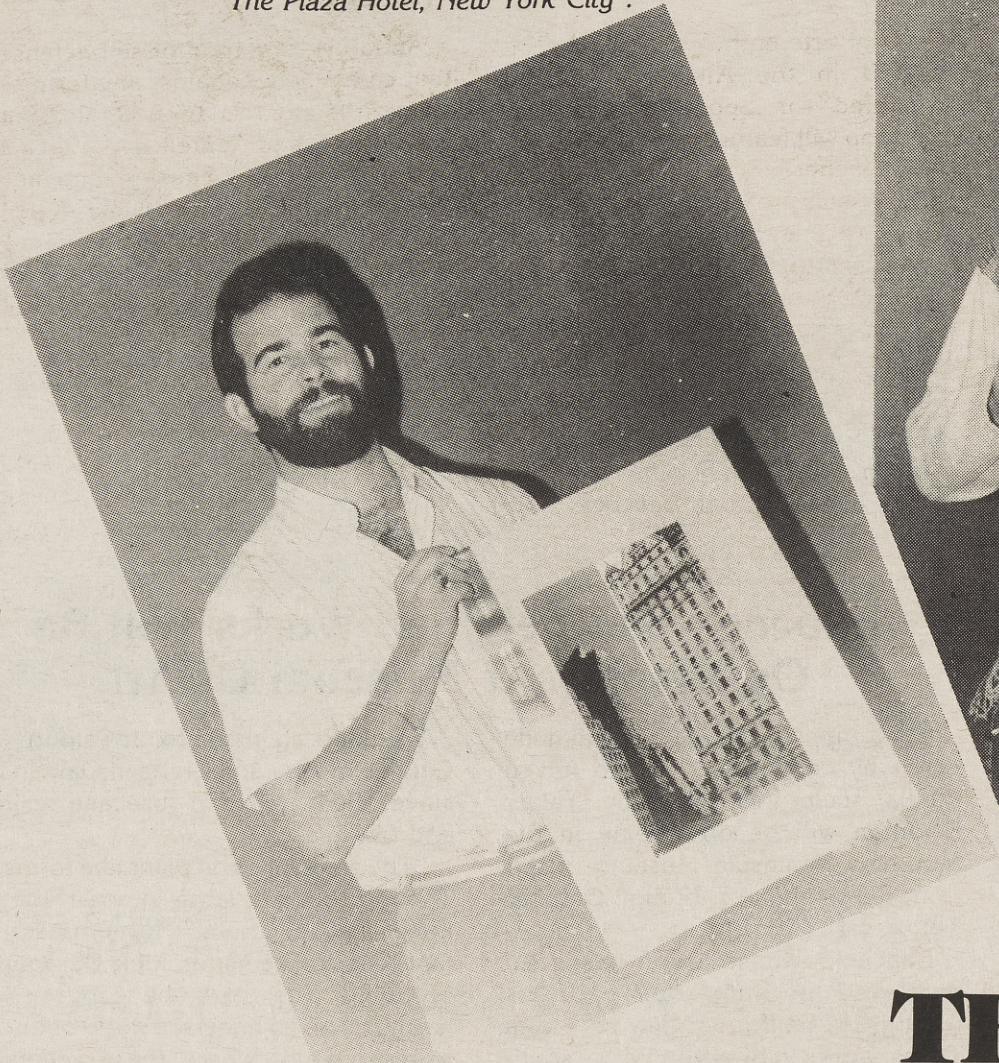
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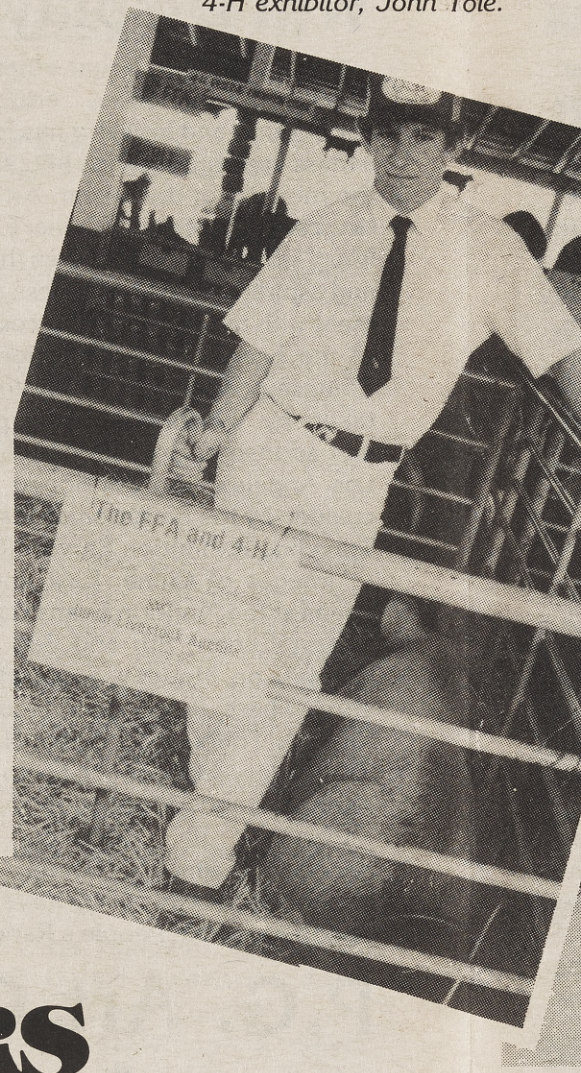
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John Galante and his winning photo
"The Plaza Hotel, New York City".

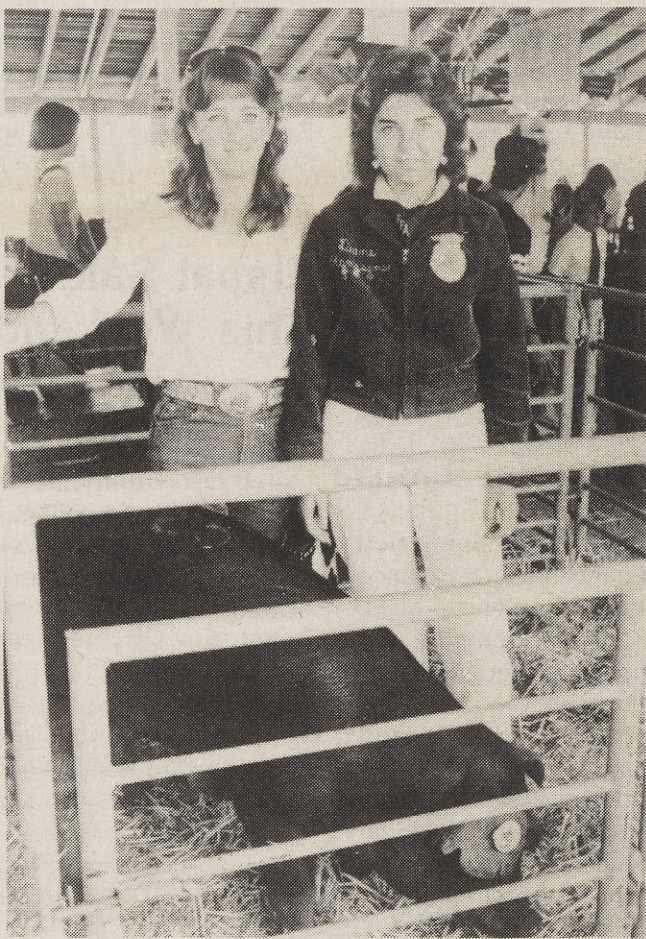


Ray Lindsay and his winning photo
"Senora de Oaxaca".

4-H exhibitor, John Tole.



THE WINNERS



4-H exhibitors, Terry Allard (left) and Diane Hanssens (right).

People bustling from one exhibit to the other. Children screaming with pleasure at the rides. All part of the wonders of the Monterey County Fair.

During this year's fair, many of our local residents entered and took home prizes for their entries in the various handiworks. Those taking home prizes this year were:

— Art

Phyllis Neil, Award of Merit, one for an oil titled "Lady" and a second for an oil titled "Teenager".

Sabrina Chavers, Award of Merit, for a pencil drawing titled "Unicorns for May."

— Photo Awards

Ray Lindsay, First and Honorable Mention, Black and white prints—people.

Nancy Callaway, First, Color prints—people.

John Galante, Honorable Mention, Color prints—people.

Marilyn Raynes, Second, Color prints—plants.

John Galante, First, Color prints—construction.

Ray Lindsay, Honorable Mention,

Color prints—construction.

— Senior Crafts

Genevieve Peterson, Second place, Wall hangings.

Francis Rank, First, Sculpture.

Neil Weston, First, Woodwork.

— Senior Home Arts

Patricia Burleson, First, Fruit Nut Combination; First, Apple—2 crusts; Third, Peach (Baked Goods)

Molly Gregory, Third, Shirt (Clothing & Textiles)

Charles Gruber, First, Fudge (Baked Goods)

Peter Hiller, Second, Chutney (Preserved Foods)

Bill Hensen, Second, Cabernet Sauvignon; First, Any other red table wine (Preserved foods)

Becky Mello, First, Vegetable; First Plain rolls; Second, Cornbread; Second, Banana (Baked Foods)

Rose Mello, Third, Apricot combination; Third, Blackberry (Preserved Foods); First, Grain; Second, Wholewheat; Second, Biscuits (Baked Goods)

James Nybakken, Second, Johannisburg Riesling (Preserved Foods)

Loretta Pollock, Third (Baked Goods)

Mary Scanlon, Second (Clothing & Textiles)

Deanna Uyeda, Second, embroidered (Clothing & Textiles)

Linda Villadoniga, Second, 8 Thirds, (Baked Goods)

da was the Sweepstakes Baked Goods contest

Jennifer Waddell, First (Baked Goods)

Zelma Weinfield, Second, Needlepoint; Third, Needlepoint

ject (Clothing & Textiles)

— FFA & 4-H Junior

Diane Hanssens, First, 20 color pictures (Photography); First, Basket—Foilage; First, Basket—Flowering; First, Basket (Flowering); First, Novelty or craft (Floriculture/Horticulture)

Jamie Marasco, Second, clothing; First, Clothing & Textiles

Marni Marasco, Second, (Arts & Crafts)

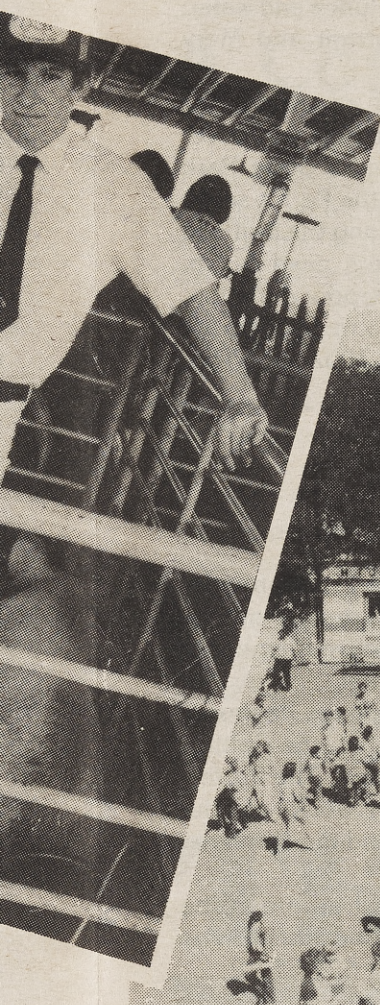


Diane Hanssens and her pig go to market.



Watching the audience for bids.
(Note: hardworking B of A employees in the back.)

John Tole.



Fair hustle and bustle.

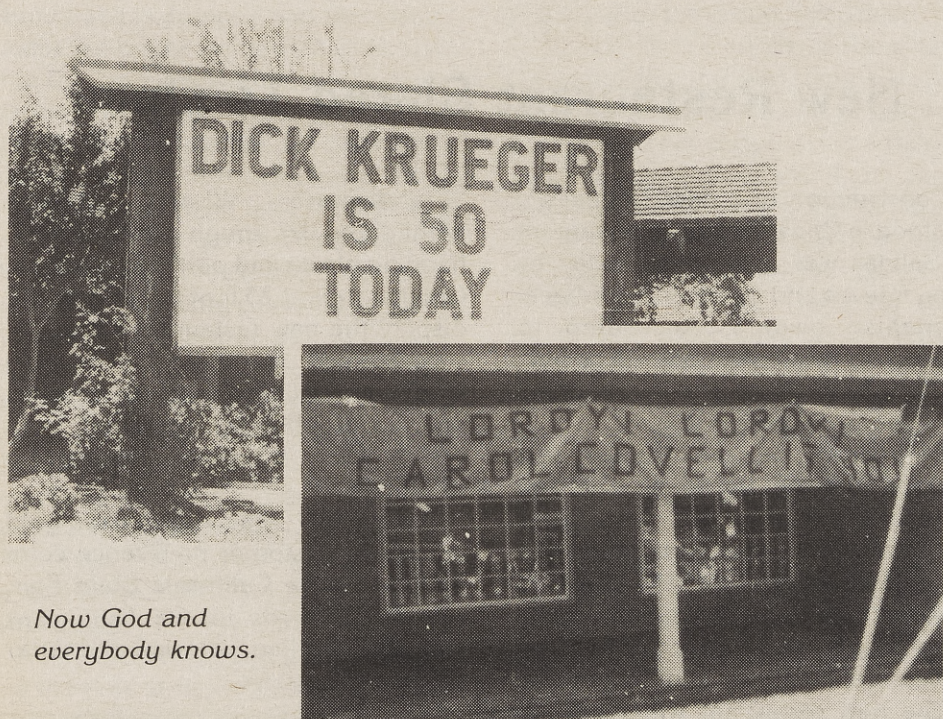


Loretta Pollock, Third, Cheese Torte (Baked Goods)
Mary Scanlon, Second, Sweater—German Knit (Clothing & Textiles)
Anna Uyeda, Second, Pillow—Embroidered (Clothing & Textiles)
Linda Villadoniga, 13 Firsts, 15 Seconds, 8 Thirds, (Baked Goods). Linda was the Sweepstakes winner in the Baked Goods contest.
Jennifer Waddell, Second, Sugar (Baked Goods)
Zelma Weinfield, First, Pillow—Wedlepoint; Third, Needle Work Object (Clothing & Textiles)
FFA & 4-H Junior Building
Diane Hanssens, First, Minimum of color pictures/photo album (Photography); First, Hanging Basket—Foilage; First, Hanging Basket—Flowering; First, Hanging Basket (Flowering; First, Ferns; First, Novelty or creative display (Horticulture/Horticulture)
Jamie Marasco, Best of show for 4-H (Horticulture); First, Coordinated Exhibit (Clothing & Textiles)
Marni Marasco, 2 Firsts, Beginning (Arts & Crafts)

Laura McLeod, First, Two Piece Outfit (Clothing & Textiles); 2 Firsts, Intermediate (Arts & Crafts)
Pam Rice, 2 Firsts, Single Item (Clothing & Textiles)
Suzanne Suwada, First, Two Piece Outfit (Clothing & Textiles)
Jessica Westcott, First, Single Item (Clothing & Textiles); First, Advanced (Arts & Crafts—Leatherwork); First, Beginning (Arts & Crafts); First, Decorated Cake (Foods & Nutrition)
Karie Wolter, Second, Two Piece Outfit (Clothing & Textiles)
— Senior Agriculture/Horticulture
California Women For Agriculture, Second, Sr. Agriculture Feature Exhibits
Lydia Cavalli, 6 Firsts, 4 Thirds, (Vegetables)
Norman Foster, First, Any one variety (Honey)
Eusebio Villadoniga, 4 Firsts, 3 Seconds, (Vegetables) (Fruit)

Congratulations to all winners!

Photos by Debi Effron.



Now God and everybody knows.

Aikido Workshop Planned

Martial arts enthusiasts will be interested in the Aikido Workshop scheduled for September 9. The workshop will feature Bob Naudeau as guest teacher.

Naudeau is proficient in several martial arts but spends most of his time as a guest instructor in Aikido. He has taught in San Jose, Mountain View, and San Francisco and periodically comes to the Monterey Peninsula to teach as well.

Naudeau, who holds a fifth degree black belt in Aikido, was fortunate enough to get some of his Aikido training in Japan where the art was originated by Master Morihei Ueshiba. Aikido is the ultimate defensive martial art. There are no attack moves.

In developing Aikido, Master Ueshiba blended his experiences in other martial arts, such as jujutsu, judo, fencing and spear fighting which he learned as a young man. He also added his experience from pursuing religious and philosophical studies.

Aikido is a method of self-defense that can be used against any form of attack. Its goal is to neutralize an aggression and render the attacker harmless, without causing him any serious injury if at all possible. A person who studies Aikido correctly desires only to defend himself without hurting others. The strategic methodology of Aikido consists of dynamic movements of evasion, extension, and centralization. Years of study are required to perfect this art.

The workshop which Naudeau will present will cover basic energy awareness and beginning movements. "Anyone can attend this workshop," said Adolphine Carole, who is helping organize this and future workshops in Aikido. "Even if they've never been on a mat or are 50 years old, they can come," she added.

The fee for the workshop is \$12 and will last from 1—3:30 p.m. The location is being pursued so participants should call Ms. Carole at 625-5088 for the meeting place.

Artichoke Festival Draws Near

Castroville, the artichoke capital of the world invites everyone to the Silver Anniversary of the Artichoke Festival scheduled for September 8th and 9th. Festival hours are 9 a.m. to 4 p.m. both days and feature continuous entertainment and music, an Arts and Crafts Faire, and "great artichoke foods". Many other special events are also planned.

Friday night will kick off the festival with a dinner dance to be held at the Castroville Community Center. Dancing will be to Mike Marotta Jr. Band. At 9:30 the coronation of the Artichoke Festival Queen will take place.

Saturday features arts and crafts, food, and a variety of sports events. The sports begin at 7 a.m. with a

100-K Meter Bike Tour. The bike tour is followed at 8:30 by a childrens run, 9:30 with a 10-K race, and 10 a.m. with an Artichoke Artistry Culinary Contest. Awards for the events will be presented at Noon.

Sunday features a Firehouse Breakfast from 6—9 a.m., a parade at 10 a.m., a Fireman's Muster at 11 a.m. and an Amateur Horseshoe Tournament at 12:30. Awards will be presented at 2 p.m.

Entertainment throughout the two days include El Mariachi Mixtlan, J. Mike Noonan "Cimmeron", Sanachie, Dixieland Jazz and Phil Cisneros.

For more information call 633-CHOK.

Photographer, Ray Lindsay continued from page 5

Monterey County Fair (see page 15). With that momentum he approached the small gallery and his first exhibition was underway.

As gallery owner Dan Derr points out, working in black and white Ray approaches his subject with an intensity and understanding that befits seasoned pros, yet with the eye of a child. His sense of timing is awesome and exacting. Keeping technology minimal, he obviously works at ease with people, yet appears to pounce on moment, and at times must be totally invisible.

"Humor is often apparent, at no one's expense; pathos invading quietly; but primarily, Mexico becomes visible, viable, and valid," said Derr.

"Some images are hard to believe, others comfortably static. It is the work of a photographer who longs to know the subject. The current work is indicative of further approaches and coups in the future. Lindsay has left the station platform, boarded his vehicle, and is finding his seat."

For more information on gallery hours call 659-5586.

Out In The Valley by Rodger Weeks



My bet's on the birds.

Bicycle Racing Forms For Sportsfest Are Available

Sportsfest officials announce that registration forms are now available for bicycling racing scheduled for September 15 at Laguna Seca Recreation Area. The event is another part of the two-day Sportsfest, an activity-packed community picnic that will also feature soccer events and running races.

The racing is open to all cyclists including those affiliated with United States Cycling Federation Clubs. These events will be conducted on the world-famous Laguna Seca race track, ordinarily reserved for the exclusive use of automobile races. Ribbons and medals will be awarded to winners of non-USCF sanctioned events. Winners of USCF sanctioned events will share \$255 in merchandise awards redeemable at local cycling supply outlets.

Pre-registration and race-day registration is \$5 including admission to the Laguna Seca Recreation area and all Sportsfest festivities. The bicycle racing is sponsored by the Velo Cycling Club of Monterey. Additional registration forms may be picked up at The Bike Shop, 855 south Main Street, Salinas.

The September 15 and 16 Sportsfest will also feature bands and entertainment, soccer matches and clinics, cheerleading competition, breakdancing, athletics exhibitions, a 10K and 1.9 mile run, children's games with

prizes and beverages and international foods.

For more information about the Sportsfest bicycling events or other activities, contact Co-chairman Steve Ish at 424-3737.

Audubon Society Schedules Meeting

The Monterey Peninsula Audubon Society will hold a general meeting on Thursday, September 13 at 7:30 p.m. in the Canterbury Woods Auditorium, 651 Sinex Avenue, Pacific Grove.

The featured speaker will be Bruce Elliot of the California Department of Fish and Game. His topic will be "The Birds and Wildlife of the New Elkhorn Slough Wildlife Area."

A short business meeting will also be held. Refreshments will be served. The public is welcome and admission is free.

Learn To Identify Birds

To learn to identify shore birds, join the Saturday, September 15 field trip to Moss Landing. The outing is sponsored by the Monterey Peninsula Audubon Society.

A resident expert will be available when bird watchers meet at 9 a.m. at Jetty Road in Moss Landing. Leader for the outing is Don Roberson.

For more information call 375-0794.

Sierra Club Outings

The next series of Sierra Club outings have been announced which include bikers and hikers.

A bike ride in the Hollister Hills is the September 15 outing. Riders will start at Hollister, and ride a total of 30 miles along country roads. It includes the flats of Tres Pinos and the challenging Cienega Hills. Riders will enjoy scenic vineyards and ranches but must be in good shape. Riders will meet at 10 a.m. in the K&S supermarket parking lot on Route 25 at the

end of Hollister. Bring lunch and water. Leaders are Cath Farrant and Mary Dainton, 372-7427.

On September 16 an outing for hikers is planned. The hike will cover about 8 miles of Molera State Park along the ridge up to the Park's south boundary and back along the bluffs to the parking lot. Hikers need lunch, water, boots and \$2 carpool donation. Meet at Brinton's at 9 a.m. Leaders are Merrill Jones at 624-3052 and Tom Ingersoll.

Strasser Kauffman Kicks Off Supervisorial Campaign

Karin Strasser Kauffman's campaign for 5th District Supervisor will officially get under way on Sunday, September 9, 1984, at a Kickoff Party at Mission Ranch, Carmel, from 2 to 4 p.m. The Kickoff event is sponsored by the Karin Strasser Kauffman for 5th District Supervisor Committee. There will be music, refreshments, and no host drinks.

Karin Strasser Kauffman has been a political science instructor at Monterey Peninsula College for 15 years, and

holds many positions in community and civic organizations throughout the Peninsula. She is an active member of the League of Women Voters, the Carmel Valley and Monterey Peninsula Chambers of Commerce, the California teachers' Association, The Professional Women's Network of the Monterey Peninsula, and the Monterey Peninsula YWCA.

The public is invited to attend the Kickoff Party at Mission Ranch. For more information call 625-5515.

Applications Are Available For Oktoberfest Concessions

Applications for concessions are now being accepted for the second Coastal California Oktoberfest, October 6 and 7 at the Laguna Seca Recreation Area.

The Oktoberfest is a two-day event featuring a Bavarian atmosphere with authentic entertainment, food, crafts and beverages. More than 5,500 people attended last year's event.

The fee for non-food concessions is \$200. The charge for the food booth is \$50 plus 20 percent of gross sales. An advance deposit of \$200 is due by September 14 along with an application. Of this \$200, \$150 will be con-

sidered as advance payment of the commission. Concessionaires needing electricity must provide their own generator. Each concessionaire will have a 10'x10' covered booth.

Applications may be obtained by calling Tiffany Rippe at (408) 754-1600 or the Monterey County Parks Department at (408) 424-1971.

The Coastal California Oktoberfest is sponsored by the Monterey County Parks Department. The event will center around a Bavarian Village constructed in the middle of Laguna Seca with continuous entertainment and fun for all ages.

Antiques & Collectables Sale Will Be Hosted By Alliance On Aging

The Alliance on Aging will conduct an Antiques & Collectibles Sale on Sunday, September 30, 1984 from 10 a.m. to 4 p.m. at the Estrada Adobe on Tyler St. in Monterey.

According to Sheila Meyer, Executive Director of the Alliance, "The Sale will feature exotic, quixotic, infor-

mal and normal, specialized and itemized treasures." Refreshments and free parking will be available.

If you have items to donate to the sale, please call 659-2172 to arrange for a pick-up. All donations are tax-deductible.

New Restaurant Slated To Open

Construction of a new Skipper's® Seafood 'n Chowder House restaurant in Salinas was announced today by Greg Reeves and Spencer Silverbach, Franchise owners. According to Reeves, the new restaurant will be built at 2010 North Main and is scheduled for opening in early October.

Skipper's® is the largest fast seafood chain in the West. The new Skipper's® will be the first quick-service seafood restaurant opened by Reeves/Silverbach. Reeves plans to base their operations from Salinas with other Skipper's® restaurants planned in Seaside, Monterey and Santa Cruz.

The new restaurant will feature a

"Fisherman's Wharf" design highlighted by rough sawn timber, hanging plants and porthole windows. Outside a giant 25 foot tall anchor will display the new restaurant's sign.

Skipper's® menu includes a variety of "cook to order" seafoods, chicken and, clam chowder prepared from secret, award winning recipes and a salad bar.

Skipper's® has won five gold medals in customer preference competition at the California State Fair, including awards for its fish, clam chowder, chicken, coleslaw and tartar sauce.



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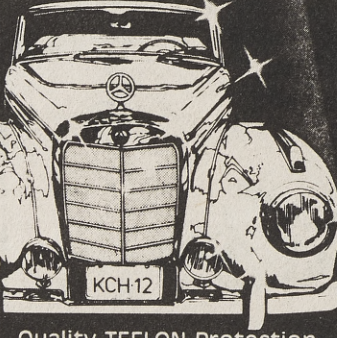
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CVPOA NOTES

A Cosmopolitan Board

by Jerry Foote
President, Carmel Valley Property
Owners Association

The collection of talents and expertise represented on the board of Directors of the Carmel Valley Property Owners Association is indeed impressive. All of it is needed, and put to work regularly once a month and intermittently much more often, in the assignments board members discharge on behalf of CVPOA's 1,400 members. All of the work is, of course, volunteered.

It takes a wide range of interests and backgrounds to cope with problems of environment in the valley, water supply and distribution, air pollution, traffic, noise, and land development. These are the main concerns of CVPOA...concerns caused by the fact that residents have chosen to live in

the valley because it is a very special place and because most of us have what is to each of us a large amount of money invested in our living here. We also have investments of effort and emotional capital as well.

Our present 14-person board is both a cosmopolitan and productive one. As members we have two attorneys; three retirees with corporate and other executive and administrative experience; two teachers at the college level; one bookkeeper; one real estate person; one publishing consultant; one dental hygienist; and three homemakers. The board, as it happens, is equally divided between men and women. In point of combined years of experience represented on the

board it would exceed 700 years of accumulated wisdom!

It also is a working board. Every member has one or more committee assignments, each of them having to do with CVPOA's abiding concern over the quality of our life in Carmel Valley.

The board is a living, vibrant instrument. Elections of new board members proposed by a nominating committee are held each year, more often when required by an unplanned vacancy. Board service is both a congenial and a satisfying (in terms of accomplishments) experience.

We are always looking for new talents, new perspectives and new backgrounds among both retirees in the valley and those who are still ac-

tive in business and the professions. We invite those of you who are interested in CVPOA's programs to improve our valley living to consider board membership. To be eligible you have only to be a member of, or join, CVPOA. Officer terms are for one year. Board membership is for two years on a staggered basis. Board service involves a commitment, but it would be a commitment bringing pleasure and satisfaction for a job well done.

If you would be interested in becoming a CVPOA board member we would be interested in you. Just telephone Charles Tillinghast, chairman of the nominating committee, at 646-9016 by day, or 659-2512 by night.

THOUGHTS

Luncheon For One

by Illia Thompson

The brisk walk over, I felt hungry. Lunch was being served at the hotel. I entered the dining room and the host graciously led me to a window table. The waiter brought bread and butter, filled the water tumbler, handed me the menu and deftly removed the second place setting.

The formal menu offered many choices. Soup, fresh fish and vegetables, mineral water—these items I easily selected. After placing my order, and adjusting my linen napkin, I gazed around the room.

People in two's, three's, and four's were sitting at other tables. Gradually my comfortable aloneness changed to

uneasiness. Did others wonder why I was alone? didn't I have any friends? had I been rejected by a loved one? I took a book from my purse and began to read. When my meal arrived, I ate more hurriedly than usual.

At times, I feel alone in the midst of many people and sometimes I am great company for myself. Still, I find it hard to be completely at ease lunching alone publicly. Yet, I keep practicing and someday that discomfort will be replaced with ease. I already feel easier about it just having put it down on paper. Recognizing something is often the first step toward change.

Good News From N E Walker

NE Walker has good news... one of our Walkers phoned to say he was so upset (or words to that effect) he called the Monterey County Environmental Health Dept. about the mess dumped near Village Green. There were many names among the debris and they were going to be turned over to the Sheriff's Dept. The Health Dept. said that many times when one hires someone to haul away their trash, that same trash is dumped and the money pocketed by the person hired to take it to the Transfer Station! A way of ensuring that your trash reaches its true destination would be to demand a signed receipt from whichever place you want your trash taken. Otherwise your trash may get you into trouble! Another little tip the Health Dept. gave us was when seeing someone actually throwing trash out or pulling off the side of the road to dump a load, discreetly get their license number and the Health Dept. may be able to make them clean it up and take it to a proper place. As I have said before, we are fortunate indeed to have the Transfer Station so handy that, as Doyt Early said to me, "We can take care of our own trash".

Many thanks to Marv Smith for taking the time to report to the Monterey

Health Dept. and for believing that we don't have to put up with unsanitary dumping of garbage and trash. Will you also step out of your comfort zone and help to make our valley a clean, safe place to walk?

We have had a request for a Sunday Walker day and so the next trashing will be on September 16th, 9 to 12 at the Community Center. Bring your own lunch and a plate of finger foods to share with the group if you'd like to. There will be lemonade in the shade and hopefully some musical persons will bring a guitar or uke to accompany us on a few songs. Bring a friend. Wear your green shirt and if you don't have one there are many left for those who want one. We will need trash bags so bring a couple and wear gloves to protect your hands. The plan this month is to thoroughly trash Village Drive and the area around it. If you have a shop there do come and help...one thing I've noticed about trash is that it doesn't grow on trees but it certainly does accumulate under them.

Let's make this a day to remember! September 16th we will clean up our Village on the South side of the Carmel Valley Road! WE CAN DO IT!

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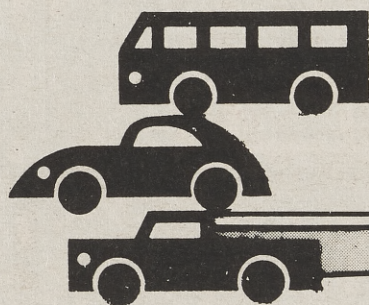
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BUSINESS

THE CHAMBER CONNECTION

Chamber Happenings

The Monterey Peninsula and our own beautiful Carmel Valley remain very attractive to tourists. The Labor Day week-end found most of our hotels/motels filled to capacity, and surely those who did not make reservations needed to be turned away. Your chamber receives many telephone calls from last minute visitors, and we sometimes are able to help them, but often not. We make a routine weekly check of the lodges in our area (toward the end of the week) to see if they are filled or still accepting guests. We save time for our member lodges, and we save time for the visitors who call the Chamber office.

A.J. Stotler will be the Chamber's guest speaker at its general membership luncheon meeting on Thursday, September 13, at Los Laureles Lodge. The meeting will start at 12 Noon, and promises to be quite interesting. Reservations are necessary, and may be made through the Chamber office, 659-4000. Seating is limited to forty, and reservations are made on a first come, first serve basis, so don't delay

in making yours. Please remember that the public is invited to all of these Chamber events.

By the way, in case you do not know, Mr. Stotler is the Director of the Jamesburg Earth Station and all the Pacific operations of COMSAT.

The Chamber Board of directors is working diligently on the Fun in the Sun day we are planning for September 23, 1984, at the Community Center Park. We still are accepting booth reservations, but space is extremely limited, so if your group wishes to participate, please don't delay. Call me at 659-4000.

So far, the following groups are participating: Kiwanis, your Chamber, Professional Women's Network of the Monterey Peninsula, the Soroptomists, and the Mid Valley and Carmel Valley Fire Departments. Lots of prizes will be given to the worthy in a variety of games to be planned under the supervision of DEBBIE BRADBURN-TIERNAN and JOHN TIERNAN. Rumor has it that the Mid-Valley Fire Department will face the Carmel Valley Fire Department in a sizzling volleyball

game, and that in itself is an incentive to attend.

There will be music, and food galore. STEVE AUSTIN and the Kiwanis Club will be slaving over a hot bar-b-que pit bringing forth delectable burgers and franks. Your Chamber will provide wine, beer, and soft drinks for those whose thirst brings them to the CofC booth, money ticket in hand. Nachos are the specialty of the Soroptomist club, represented to the CofC by JEANELLE KAMINSKI, and the Professional Women's Network will offer T-Shirts to T-Shirt collectors. Their booth will be staffed by PWN Directors AND CofC members CANDACE SNOW (Database) and CATHY CLOUD (Cloud Leasing).

We are still awaiting confirmation that our specially invited guest will be with us, so we cannot say who it is at this writing. Is the suspense killing you? We're tense, too.

In October, just in case you prepare your calendar ahead of time, there's the Chamber's Candidates' Forum at Rancho Canada. This, too, is a luncheon event, open to the public, and will pair off KARIN STRASSER KAUFFMAN and HOWARD BRUNN in a question and answer event that will help us choose the next 5th District

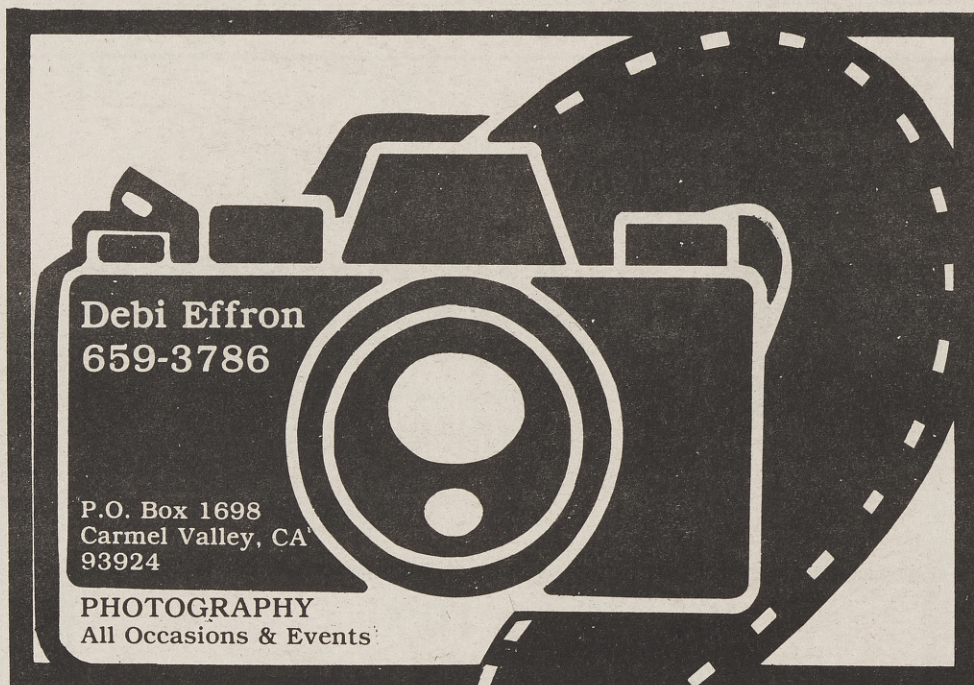
by Grace Darcy
Executive Director
Of The Chamber of Commerce

Supervisor. The Forum will be on October 10th at 12 Noon.

While we're thinking ahead, don't forget the Chamber Mixer on October 24, 1984, at Monterey Savings/Coast Federal Savings at Mid-Valley. Our host will be MSCF's genial manager, JIM CHINN. JIM always makes this a very special event, so don't put your pencil away yet...mark October 24th in red.

We're still doing what we can to find out what can be done with disreputable vehicles in the Village area. Thus far, we have been somewhat stymied, and because there are only so many channels that we can explore, we are also somewhat frustrated. The telephone brings in at least two calls a week complaining about the public display of used cars for sale and about the dilapidated van that moves (under what power?) from place to place in the Village. Basically, this is a legal or civil matter, but we've been trying to help since people are complaining to us. Any suggestions—legitimate ones, that is—will be explored.

Well, that's all for this time. We'll update the Fun in the Sun event next time. Your Chamber of Commerce thanks you for your support.



Debi Effron
659-3786

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VOLVO

ZIMMERMAN NOTES

by Stephan P. Zimmermann

With the quadrennial hoopla of the political conventions behind us, we have a little more than two months to decide on which side our bread is buttered and for whom to cast our vote: Mr. Reagan or Mr. Mondale. The serious questions which we must address revolve around the perennial questions of politics: What is our perceived self-interest? which candidate has done more to further that interest? and what fundamental issues affect us in casting our votes?

In 1968, a Gallup poll asked a representative cross-section of Americans: "Generally speaking, do you think it is better to vote for the man, or for the party?" The answers were strongly indicative of a phenomenon generally called "voter dissidence"—that the voter's self-perception of what he does and how he votes before the election differs markedly from his actual voting behaviour. For example, 84 percent of those polled felt that they consistently preferred to vote for "the man." Historical data shows that this is at odds with what has occurred. Dwight Eisenhower received 58 percent of the total vote, but 85 percent of those registered Democrat voted for Stevenson, i.e., the party over the man. Barry Goldwater lost the 1964 Presidential election by a landslide, but 80 percent of Republicans voted for Goldwater—party over the man. In a slightly different vein, Richard Nixon in 1972 received some 61 percent of the total vote, but did little personal, popular campaigning. He did carry over 80 percent of the Republican party vote. Although the Gallup poll did not ask the question, from other independent studies carried out by this writer, it appears that voters will identify first with their party, and then cross over based on fundamental issues, rather than pure personality.

In that light, let us examine the present contest, since issues are more clearly defined in this contest than they were even in 1980.

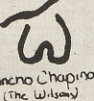
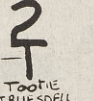
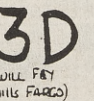
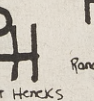
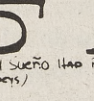
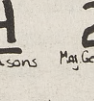
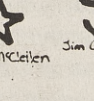
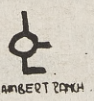
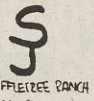
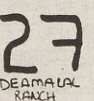
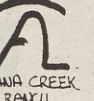
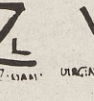
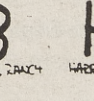
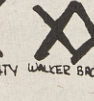
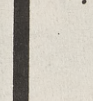
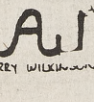
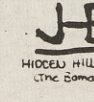
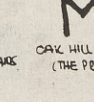
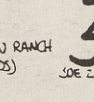
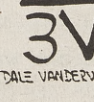
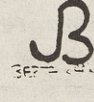
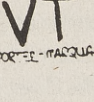
Mr. Reagan has tremendous popular appeal within a wide spectrum of the population. Mr. Mondale is perceived as being a "hold-over" from Jimmy Carter's disastrous presidency. Neither of those perceptions is really quite as important as the fundamental differences between the candidates. Mr. Reagan has proven that under his stewardship the economy has soundly and strongly recovered, and that that recovery may well last throughout the next four years and beyond. Fundamental differences in approach to economic management—principally corporate and high-bracket tax

reductions—have created again a confidence in the investment community which has translated itself through the system to mean higher real levels of income, higher real levels of employment, lower levels of unemployment, and a greater infusion of investment capital. The latter does create jobs, albeit somewhat more slowly than most critics would prefer. By jawboning the Federal Reserve into taking more appropriate money supply controls, inflation has been reduced to appealing levels, one of the foremost objectives of Mr. Reagan when he took office. Internationally, the U.S. is once again perceived as being strong and economically healthy, and committed to stave off Communist aggression within its allied community. Those are not insignificant proven factors upon which Mr. Reagan can call to elicit reelection.

Mr. Mondale may be perceived as having taken an "historic" step in naming a woman as his running mate, but we have our doubts as to how much voter influence this step—taken under pressure and succumbed to—will actually have within the female voting community. The fact that the lady-runningmate has very little political experience, upstages the candidate with her wide-open campaign style, and embarrasses him through her husband's questionable financial and ethical tactics may well prove to be a detriment. We believe that the fundamental differences in issue orientation have little to do with the fact that the Democrats have a lady-in-waiting for presidency.

Rather, we look at the spending record, at the creation of massive deficits through overspending, at record taxation levels used as a balancing tool to bring down the deficits, and at a weak, conciliatory posture vis a vis our adversaries when we assess Mr. Mondale and the Democrat party in general. If Americans are truly as materialistic as we are constantly being accused of being by our envious European neighbor, then there is no question as to who will be re-elected. This writer tends to think that materialism, combined with the traditional charitable and humanistic efforts expended by the United States throughout its history, will ensure a victory for Mr. Reagan, and a victory for the free world. Economic strength and political resolution to support freedom wherever it may be threatened are sound philosophical issues which most Americans can fundamentally support. Super government protectionism, taxation and international weakness are not. Our bet: Four more!

Answers to Matching The Brands Page 6

 Rancho Chapinos (The Willys)	 TODDIE TRUESDELL	 WILL FRY (WILL FRY)	 KEAT HENCKS	 Rancho Del Sueño (The Dimers)	 Rancho Del Sueño (The Dimers)	 MAY GUNSON (McCallen)	 JIM GUARDIA
 LAMBERT RANCH	 WHIFFLETREE RANCH (JACK SWANSON)	 DEAMAL RANCH	 RANJA CREEK RANCH	 LOTTIE ZIMMERMAN	 VIRGINIA BELL RANCH	 HARRY U. KATY WALKER BROTHERS	
 JERRY WILKINSON	 HIDDEN HILLS RESERVE (The Bonanza Co.)	 OAK HILL (ARABIAN) RANCH (THE PEITCHARDS)	 JOE ZURANI	 DALE VANDERVOORT	 BETTY L. L. L.	 TODDIE-MARQUARDT	

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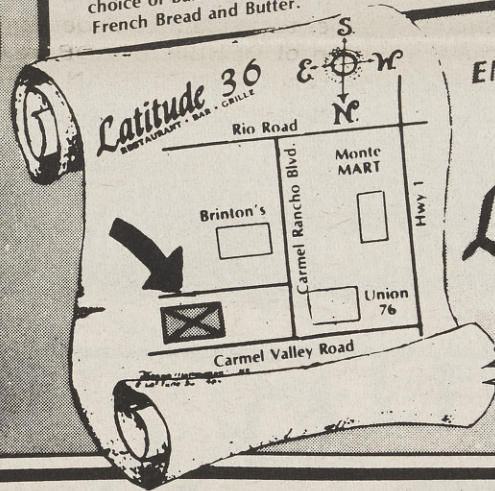
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CHICKEN TERIYAKI	8.95
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Keep your dog leashed in summer and fall. Keep him out of dry fields. And check his ears, paws and coat when you get home.

The Monterey County SPCA has more information on the dangers of foxtails and how you can protect your pets. Call us.

MCSPCA

(408) 373-2631 or 422-4721

Courtesy of Marin Humane Society and Humane Media Group

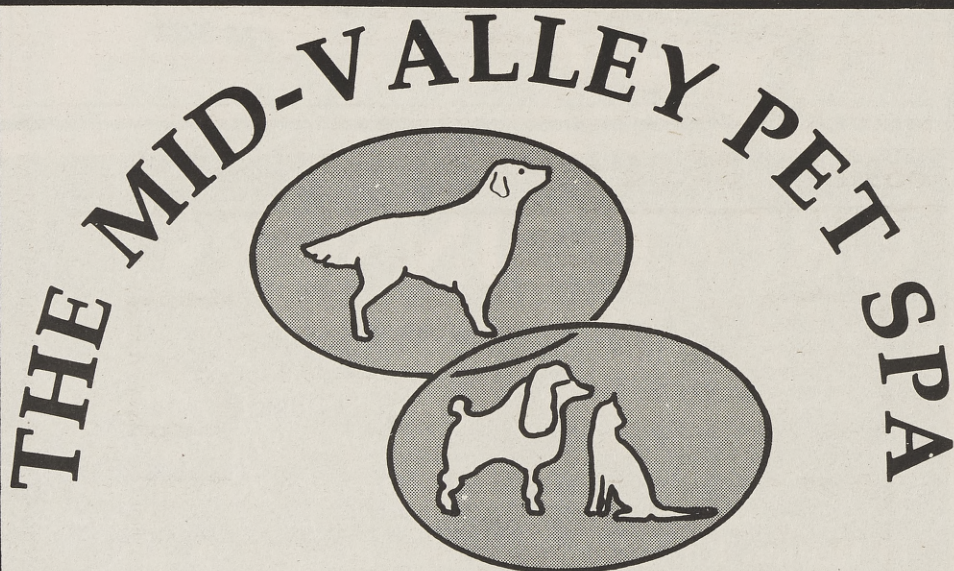


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ANIMAL TRACKS

by Robin Maurice
SPCA Public Relations Director

Creating A Brighter Future

He has a great tan, a wizened little face and a mouth that seems to smile at you. The only thing that's missing is the abundance of hair you usually expect on a dog.

Brandy, a Chihuahua-mix, was just one of the many recipients of SPCA aid last year. He arrived at the shelter in December coated with cream-colored paint. The strange thing was that his head and feet were clean. It was as if someone had lowered him back first into a bucket of paint.

As the shelter and office staff made their way back to the receiving room one by one to see this timid and bewildered little dog, everyone was trying to figure out what to do about his...er...colorful problem. Unfortunately, after all possibilities had been exhausted, everyone realized that there was no way to remove the paint short of a drastic measure. The solution? Transform him into the Telly Savalas of the canine world. Brandy's body was shaved. Only the hair on his head and the fur on his feet remained to adorn his five-pound body.

Brandy immediately became an oddity—and a favorite—around the SPCA. The staff began referring to him as Picasso because of his curious encounter with the paint. He was also given the extra-special privilege of roaming the shelter rather than being confined.

Special Companion

Brandy's special companion during his days of adjusting to his "new look" was our former executive director Bill Brothers. Brandy would faithfully tag along after Bill through the offices and shelter. The frightened and confused Brandy took very quickly to his new position as mascot. When not needed at his various duties or showing off his new and unusual coiffure, Brandy was content to lie in the sun—usually on his back, all four feet in the air, emitting a symphony of sounds too colorful to be called a snore.

Brandy's stay at the SPCA was not to last forever, though, for even the enchanted life of a beloved mascot can be lonely when there's no one to call your own.

Donna and Missy

Meanwhile, not far from the SPCA,

Donna Benoit and her dog Missy were grieving over the recent loss of Cleo, their 11-year-old canine companion. Cleo had recently died of leukemia, leaving Donna and Missy utterly alone. Donna was especially concerned for Missy since she had always had a companion. The quiet was too much. As Donna put it, "We just had to have another dog."

Because Donna was a volunteer at the SPCA and had had wonderful success with SPCA-adopted dogs in the past (Missy is an MCSPCA alumna, as was Cleo), she searched through the kennel in hopes of finding a small dog suitable for their home and lifestyle. But none of the available dogs were small enough—until a shelter worker appeared with Brandy.

When Donna, Brandy and Missy finally got together, there was an instant attachment. Brandy immediately transferred all allegiance to Missy. As Donna quipped (and with no small amount of pride in her voice), "She's his one-woman harem. They just get along like a house on fire."

New Home

There was no doubt that Brandy was the dog for them. After the business of house training and learning the new routine, Brandy settled in with Donna and Missy and took over! His hair hasn't grown very much, but that gives him an excuse to wear his fashionable little red sweater that has become the talk of Pacific Grove. His personality has also blossomed. He's a vociferous fellow with unbounding energy.

"He's rejuvenated the whole household," pronounced Donna as Brandy bounded into her lap and demanded his share of the conversation. "Missy's heart condition has cleared up, and Herman, the aloof cat who adopted me, has even played with a toy or two for the first time in his 11-year life."

Brandy's transformation from a frightened, paint-covered little dog to an energetic and lovable pet has been a gratifying experience for the SPCA staff. In a job in which the statistics can be discouraging, a success like Brandy's can make it all seem worthwhile.

Answers To Crosswords PLUS

(see puzzle page 9)

Fun and...Mel Rosen

Antoninus Pius (59 Across) sent me scurrying to my almanac, where I discovered he was a ruler of the Roman Empire (not a Pope, as I suspected).

The Messenger Stakes (86 Across) is one of the races in the pacing Triple Crown.

Mohs, at 27 Down, refers to the Mohs scale of hardness of minerals, where TALC is 1, and diamonds are 10.

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Delectable Collectables: The Art Of Buying Art

by Daniel David Derr
Design and Photography

"I may not know art, but I know what I Like!" is the catchphrase of many persons who are overwhelmed at both the inflow and variety of art forms today. Painting, sculpture, photography, even video, to name a few mediums, often assault both the senses and sensibilities of would-be buyers. What IS good; what is BAD; what is collectable; what is valuable; and what is enjoyable?

There's a story about Picasso, in one of his "moments" that serves as a focal point in the labyrinth surrounding the concept of art and its various values.

A journalist, interviewing Picasso in the latter's studio, carefully noted the artist scribbling during the course of conversation. At one point Picasso rose, crumbled the paper, tossed it in the waste-basket, and excused himself to the *salle de bain*. Upon his return he found the journalist smoothing out the paper and asking if he might take it with him. Picasso, the courteous host, said of course. The journalist, further pushing his luck, asked if Picasso would sign it. The artist, the jester, said, "Certainly,...for \$5,000".

As another example, when entering graduate school, I was told by the Registrar (a formidable woman, akin to the likes of a prison matron), that my Master's show **would be** in their gallery at \$10,000 per piece, that they guaranteed a sellout, after which I would be transferred to the New York gallery "system", **at those minimums**,... "or else we won't graduate you".

Now if you're still wondering whether or not to buy that serigraph in the metal frame hanging in Macy's furniture department,...go for it. Buy it. Hang it. Love it. If you're wondering about that \$15,000 Ansel Adams print,...see your accountant. In either case, read further, as the plot thickens and thins like a breadline soup.

If collecting art is already your bent, then you know some rules, have made some horrendous mistakes, and have often thought of bottle caps or wine labels as alternatives. With the eye of a tiger and the patience of Job you have scoured from flea markets to galleries in search of the "prize". And yet...

I knew a woman, of dubious taste, who was, simply, a scavenger. In an attic she found an old portrait whose subject had a peculiar ear. She had heard that Rembrandt had often painted himself into his works and on a greedy fluke she had the painting checked. Although the quality was low and deteriorating, she had indeed discovered the real thing, complete with the artist hidden in the ear of an old man. She sold it.

When we say a rising artist or photographer is "collectable", we mean 1) that the work has some intrinsically enjoyable factors which get it sold in the first place; 2) that the creator of the work has some fanatical drive that allows us to suppose s/he will continue to produce similar, and hopefully better work until dropping dead at the easel; and 3) that others like us will see the same desireability in the work, enough to some day pay US even more for it.

This last approaches "investorism". Actually, investors usually buy second in line. They prefer NOT to make the

first mistake. They also usually "bank vault" the work instead of trying to enjoy its vulnerability on their walls. They also have consultants who graduated from schools such as mine. And they are also into Krugerrands, Xerox, and oil. If you don't know art, follow them around: their "taste" is impeccable.

Now for the trade secrets: Stay away from New York City. Unless you're a Rockefeller or a Rothschild, stay away from "collection builders", common name, gallery owners. The "right piece" should be right for **you**, not necessarily for your heirs, or the museum "receiving your trust". (Strange term.) Remember, museums hire people from those schools, too.

What you DO, is gallery hop, seek out the artist(s), know them as persons if possible, and let the art become more than a piece. Who you're buying is as important as what. A Van Gogh is really a dramatic painting by a man who cut off his ear. You can pass on that type of artist, as your heirs' heirs' heirs may be the first to cash in on one, if ever. They're flukes, freaks, and it may be your ear next.

Since it's the artist you're hanging, as well as the work, familiarity serves to make things more comfortable and enjoyable, all else being equal. Also since you know the artist, career trajectories should be more obvious. You're **COLLECTING**, not just decorating. And you didn't go to one of those schools.

Taking the characteristics of the work into consideration, remember it may cost more to house a three-story sculpture than it did to buy it. Color photographs are NOT permanent works and will fade with time. Almost every two-dimensional work should be framed, often costing as much or more than the work. Collages peel in heat. Bronzes can corrode. Wood splits. When buying, foresee the problems in preserving the work, AND its future collectibility.

Is the subject matter suitable? An exquisite nude may fit over the mantle but will it "fit" your visiting mother-in-law? A Weston pepper has value, but do you really want it in the kitchen? A Brancusi "Bird in Space" is awesome on a coffee table, but a generic hat rack in the foyer. And who can eat when Van Gogh is staring at them from the end of the dining room table.

In evaluating certain works, "degree of difficulty" in obtaining subject matter often becomes a price determinate. Usually an infrequent phenomena in photography can bring higher prices, as can paintings accomplished at distances and hazards away from the norm. An image of a Tibetan monk can be considered of greater value than a shot of the old codger on the park bench. A tornado is more difficult to catch than a September sunset. Aerial and underwater views have much higher risk than most land based images. And marble is harder than redwood. But the most difficult-to-get (and most expensive) image to-date is that of Earth itself—from the moon. Yet prints are available to everyone at a modest cost.

There's a thing known as "limited editions", which is generally a tool of exclusivity to drive prices higher. At

times it works to protect the investor, but for the collector, usually a fool's game. It does little to increase the intrinsic quality of a work. True, in etchings, the plate reaches a point where only a lesser quality print can be taken; but in photography, theoretically every new print off a negative has the potential to be better than the last. Be wary of "Limiteds". They may DO, rather than BE, just that.

Dead artists is another game, and not necessarily a limit to editions. True, you won't get a new "original", but death doesn't increase the quality, won't always end the flow of images, but almost invariably increases the price, and for some morbid reason, the desireability. Edward Weston left posthumous printings to his son, Cole. But Edward's other son, Brett, famous for his own work, chooses to systematically destroy his negatives prior to his termination, for professional and philosophical, rather than promotional, reasons. Same family, different strokes. To the collector, just another factor in the decision.

Where to start? High priced originals are usually out to most fledgling collectors. Best early experiments are with small galleries and unknown artists. The type of work depends on your budget, as well as your preferences. Photographs, serigraphs,

etchings, in short, most reproduceable originals give you the quality of image, with the necessary affordability. New artists almost always can be considered collectable. Higher ticket galleries will disagree. Older artists who aren't already collectable usually won't be. Exceptions can rise from obscurity, but new people tend to rise appreciably within their lifetime, because of drive, growth, and promotion. And for fifty dollars a print, the gamble is usually worth it. At the thousand dollar level the artist had better be approaching blue chip status or Reno will look like a bingo game when your collection comes to the block. The schools rule, with every new artist attempting to tilt the axis. Overnight new trends can appear, and virtually negate last week's sensation. The Great American Image is no different, nor less illusive than the Great American Novel. Yet when you reach the rocking chair level of review, a work of art—your collection—should still give you the same or better enjoyment as when you first discovered it. Like a good book. At that point your investment pays dividends you couldn't predict. And that "suggested important piece" may be relegated to the attic for some future scavenger in search of an ear.



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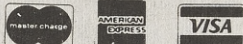
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by Mary Berta

Carmel Valley Sun Page 22, September 5, 1984

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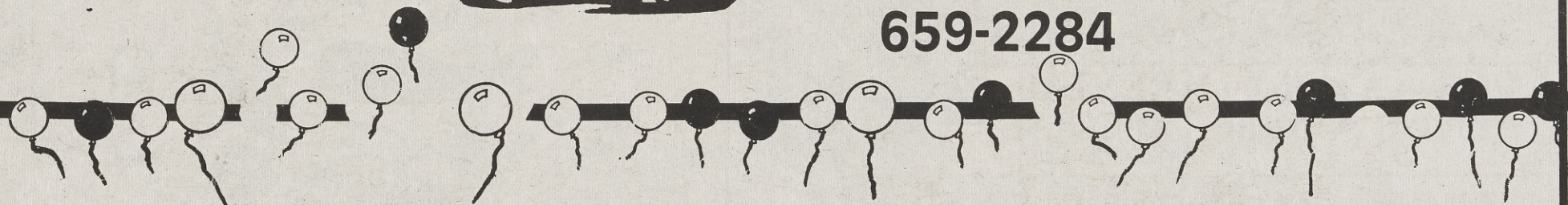
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TO YOUR GOOD HEALTH

Kinetic Therapy, A New Pathway To Health

by Grace Darcy

After a stress filled week, I stepped gratefully into the cool treatment room of Richard Cohen and Jan McCool, practitioners of Kinetic Massage Therapy.

Soft music played as the pair worked on my neck and shoulders which, for me, are the focal points of my tension. Slowly and gently, Richard worked on my neck and shoulders, and Jan exerted the "pull" against his work that made the process both comfortable and effective.

An hour later, my neck and shoulders no longer were rigid and tense; rather, they were soft and relaxed, as was I. The world looked like a better place and I felt that I could cope far more efficiently with whatever stresses might arise.

This, in brief, is the magic that emanates from the talented hands and fingers of Richard Cohen and Jan McCool as they smooth away tension, restore balance and ease.

Kinetics is deep muscle massage, and a session such as mine focuses on one area of the body, wherever pain or tension is felt. As the body relaxes, the fingerpressure strokes penetrate deeper into the tense muscles, freeing contractions that may have originated from trauma, or from years of physical imbalance.

Cohen and McCool are highly qualified to effectively administer kinetics massage. They both came to Carmel Valley from Sacramento this past June, but still work in the state's capitol several times a month. They specifically do work for a medical doctor there, a physician whose specialty is personal injury cases.

They also treat people who have been victims of industrial accidents, motor vehicle accidents, and even persons with temporal mandibular joint disfunction (TMJ). Both Cohen and McCool are athletes, and so are particularly interested in working with those who have had athletic injuries.

Since he was in 9th Grade, Richard Cohen has been involved in movement in athletics, specifically cross-country, track and field, swimming, wrestling, weight training, and the martial arts. Currently, his interests center on bicycling and dance.

He studied the dance in New York City and became a professional dancer working with such renowned celebrities as Martha Graham and Merce Cunningham. Later he started a performing company in Philadelphia and then moved to Toronto, Canada. There, he studied with the principle teacher of the Mary Wigman School. Also while in Canada, Richard taught



Kinetic therapists Jan McCool and Richard Cohen.

actors at Stratford-Ontario, and also performed, choreographed, and made films. He became a professor at York University in Toronto.

Not busy enough with these artistic pursuits, Richard taught the Canadian Olympic Gymnastic Teams during the 1970s, and made films of the gymnasts in order to show the beauty of athletic endeavor in motion.

After Toronto, Richard moved to Chico, California where he served as a

stress management consultant for Enloe Hospital. From there he spent three years in Palo Alto teaching movement (Tai Chi, Dance and running) and has now brought all his resources here to Carmel Valley.

Jan McCool taught figure skating for fifteen years, and many of her students have become champion skaters and teachers. She also taught mentally and physically handicapped

continued on next page

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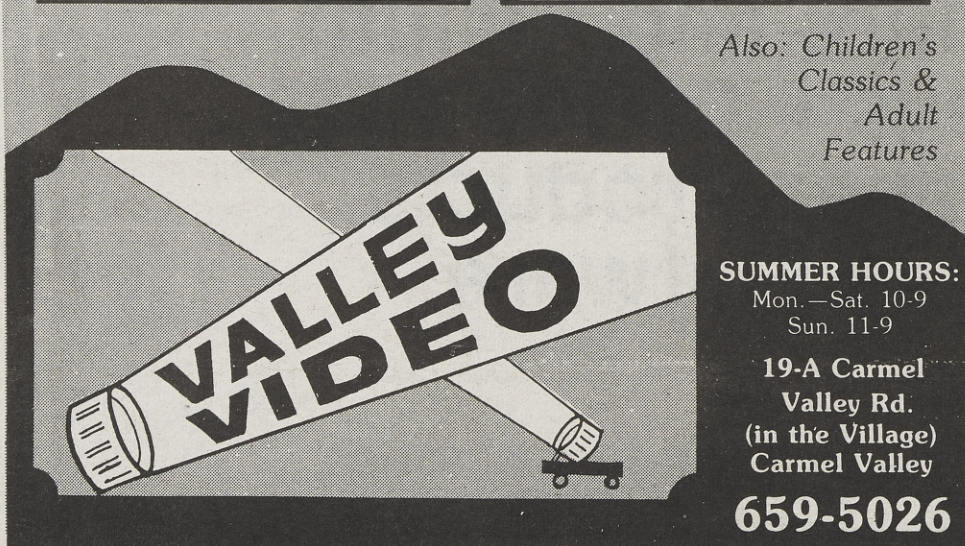
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continued from previous page

children, is a certified masseuse and an instructor of infant massage. Jan has trianed in ballet, dance, Tai Chi, and, of course, Kinetics.

She firmly believes in infant massage, noting that it "helps bonding, helps ameliorate birth trauma, and helps the baby's immune system develop more quickly." She noted that colic and teething problems also can be helped through proper infant massage.

Richard added that it is helpful for young fathers to learn infant massage because it assists in the father/child bonding. Both agree that there "is no more stressful job than caring for a baby."

Cohen and McCool share their work completely. Sometimes they work together—and prefer to do so—but both have their own patients, so working in tandem is not always possible.

Kinetics is a Richard Cohen development. Influenced by such arts as Rolfing, Shiatsu, and Feldenkrais, Richard saw the results of his Kinetics application on athletes whose training he supervised. It took years to develop the Kinetics technique, and there is no ending to learning and perfecting it, Richard notes.

"The Kinetics approach to movement develops a person's ability to be centered, grounded, resilient, flexible, fluid, and strong in movement," Richard says. "It emphasizes letting-go, moving with less effort, and getting out of your own way."

He further describes Kinetics as a "hands-on-touch-release method combined with one-on-one training through imagery, breathing, stretch and strength exercises, and movement instruction."

Cohen and McCool explained the rationale behind their work: "Whenever a muscle is pushed, pulled, kneaded, or rubbed, it is being stimulated by outside forces. It is given a choice: resist or relax. Moderate pressure or stroking on a normal muscle will make it relax, and through massage, a person can release tensions on a generalized level from all areas of the

body."

"Nevertheless," say Cohen and McCool, "Massage does not go deeply into specific problem areas. A Kinetic Therapy session will focus on one area, such as the low back. By breaking down surface contractions through deepening relaxation and release, the sliding pressures are allowed to enter more deeply into the muscle. Slowly, the muscle relinquishes its deeper holdings."

How fast does Kinetic Therapy work? "That depends," Richard responds, "the speed of Kinetics Therapy depends upon the client's ability to learn how to let go. The results of Kinetic Therapy often are dramatic, particularly with those who suffer from long held contractions."

"In such cases," Jan interjects, "release is felt as a major change in body experience, and often life-experience as well."

Although Kinetic Therapy demands much of their time, Cohen and McCool still find time to bicycle (he's an expert, and she is becoming one) and write books. Their combined efforts are now geared toward writing a cookbook that will contain recipes for meals that take no longer than twenty minutes to prepare. They call it the *One Pan, One Pot Cookbook*, and it should be a best seller. They also are writing a book of children's stories based upon made-up stories they tell to their very young friends.

In a more serious vein, Richard is writing a book on Kinetics as a way to release blocks.

Well, it is almost a month since my thoroughly pleasant visit to chez Cohen/McCool, and my neck and shoulders remain relaxed. When tension comes, as it must in every life, I practice the imaging and stretching exercises Richard and Jan taught to me. They work! The tension recedes, and I remain functional. What a pleasant, nurturing way to overcome pain and tension!

Trying a session yourself couldn't hurt. The number is 659-3903. Call—enjoy—feel much better!



McCool and Cohen work on Erik Bradford who is being treated for asthma.

EYE-deas

by Drs. Irving and Kim Hartford

The Eyes And Learning

The classroom setting is one where students concentrate on a multitude of tasks requiring both near and distance visual skills. Because effective and efficient vision is related to academic achievement, an observant teacher or parent can be instrumental in detecting possible problems. They can then recommend a vision examination to enable the student to make the most of his or her vision capabilities.

The following list can be used to indicate to parents, teachers, school nurses, or practitioners the need for a vision examination. Three areas of concern in determining possible vision difficulties are highlighted in this checklist.

Appearance of the Eyes:

- Eyes crossed or turning in, out, or moving independently of each other.
- Red eyes, watery eyes, encrusted eyelids, frequent styes.

Behavioral Indications of Possible Vision Difficulty:

- Avoiding close work.
- Unusually short attention span or frequent daydreaming.
- Turning head to use one eye only, or tilting head to one side.

- Placing head close to book or desk when reading or writing.
- Squinting while reading, writing or doing chalkboard work.
- Excessive blinking or excessive rubbing of eyes.
- Closing or covering one eye.
- Dislike for tasks requiring sustained visual concentration.
- Difficulty remembering, identifying and reproducing basic geometric forms.
- confusion of similar words.
- Poor eye-hand coordination and unusual awkwardness.
- Having a low frustration level, being withdrawn and experiencing difficulty getting along with other children.
- Being excessively sloppy, or having very hard to read handwriting.

Complaints Associated With Using the Eyes:

- Headaches, nausea, and dizziness.
- Burning or itching eyes.
- Blurring of vision at any time.
- Double vision.

This is a partial list compiled by American Optometric Association.

Hidden Valley Offers Ballet Classes For All Ages

The Hidden Valley Music Seminars—Ballet Division—begins its 5th year under the direction of Patricia Wester on Monday, September 17. Ballet classes for adults and children (including boys) will be held in the Dance Studio, Carmel Valley Road at Ford Road.

Three new classes will be added to the fall schedule this year. The new classes are: Adult Beginners Ballet Class on Monday evenings 8-9:30

p.m.; Beginners Ballet Class for 3-5 year olds; and Beginners Ballet Class for 8-13 year olds.

Registration for all students (except adults) will be held on Tuesday, Sept. 11, and Wednesday, Sept. 12, from 3—5 p.m. in the Dance Studio at Hidden Valley. Fees for the first session will be collected at that time.

For further information regarding fees or class schedules, please call Meryl Robertson at 659-3115.

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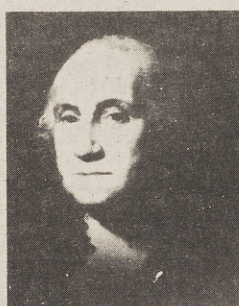


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KEEPING IN TOUCH

First in a series.

Therapeutic touch, which includes basic massage, chiropractic, deep tissue work and acupressure, has its fullest benefits when the recipient learns how to receive. Life energy has a pattern of taking in and giving out continually. If either end of that cycle is obstructed illness and discomfort result. Therapeutic touch brings a person's awareness 'back home' inside themselves where life energy can be used for healing and personal growth. As that process ripens the person finds they have a more integrated and powerful base and naturally want to move out into creating activity with people and situations around them. One of the key values I find as a massage therapist is in teaching and remembering myself, that basic and necessary rhythm in life.

Breath comes in, replenishes cells and organs and breath goes out taking with it wastes and toxins. Sun and water are taken in by plants and animals and stored as energy which manifests as growth. People or situations come into our lives to enrich and challenge our ways of seeing and being in the world, we take these into our psychic digestive system and integrate, rearrange and modify our way of being as a result. This flow is the flow of life. Yet, we all get stuck at times and the system can become imbalanced, either overactive and stressed to the point of physical disease, or mentally we become disinterested, lethargic, and feel isolated and dissident. At these times massage can be invaluable for reorienting a person and bringing them back into the natural flow within themselves and consequently with the outside world.

My own method of therapeutic touch or massage has derived from trainings in Swedish, deep tissue work, Esalen style, acupressure and relaxation techniques of self awareness. I have worked professionally for 10 years on thousands of bodies with just as many unique problems. I have worked on athletes, office workers, children, homemakers and many people in transitions in their lives. Most recently I have grown a great deal through working with senior citizens facing the deterioration of the body, disease and loneliness. Many times I find myself

educating people in health care practices and making referrals to other health care therapies and practitioners to be used in conjunction with massage when it seems appropriate. I do not see my work as the solution to someone's problems but as yet another step in the movement of the life toward greater good.

I first began rubbing with the intention to heal when I was eight. My mother had painful arthritis and was emotionally torn by a divorce. She was the grateful recipient of the loving care my sisters and I lavished on her morning and night, rubbing the hot, knotted joints of her fingers and toes. Years later I realized the valuable role we played in facilitating the changed woman she became that year—free of arthritic pain and able to hold her head high with spirit. Massage centers and grounds a person and it allows the practitioner the possibility of communicating non-verbally to another beyond any differences and to connect them with their own personal power and wholeness, and to their commitments to life. That's healing.

I draw heavily on my background in Tai Chi, Yoga, Aikido and meditation to ground and center myself before, during and after doing bodywork and often teach classes in these valuable skills for sanity in our fast paced lives. The art of therapeutic touch develops slowly in one's hands. I trust my hands to do the work now, though I will never stop taking and learning from advanced workshops in technique. Sometimes I will have an idea of what should be done for a person and yet my hands, before I can think, re-direct my action in an intuitive way to precisely the right spot and I do something quite unexpected. All styles and techniques originate from this space of being attentive and alert to the present moment. I don't believe I have ever done two massages exactly alike on anyone.

With my basic disposition of wanting to care and heal others I could have just as easily become a nurse or doctor. However, the power I felt developing in my hands lead me into wholistic health. I saw and felt for myself instant and lasting results from touch that went far beyond counseling to balance people. I saw massage settl-

ing a person, eliminating stress build-up, lessening inflammation and healing injuries quicker, and most recently I've seen chronic conditions clear up over a period of regular treatment. I became an advocate of this natural no-pill approach to balanced health. I saw the corresponding emotional states of disease (irritability, mistrust, fear, depression and lethargy) change to appreciation of the beauty of the day, gratitude and new visions for the future.

Most clients I have, come and go in spurts, receiving a series of treatments as needed to go through a growth period. Some I have worked with regularly for years. Massage is a slower

natural process and requires some continuity to really see results, but they are worth it. An occasional rub, like eating health foods once a week is certainly good for you and feels good but hardly a use of the tool it can be for growth. I have often re-evaluated my commitment to bodywork and at times tried to change into a new avenue but then I will remember to receive a massage or bodywork and the wholeness I feel once again confirms my way of life as a massage therapist. I feel revived and real, colors are brighter, sounds clearer, my life more orderly, I catch myself singing as I clean up. That's why I named my office 'Renewal'.

Linda

by Linda Lundy

STATE OF MIND

by Karen Hughes M.F.C.C.

In this past series of articles we have looked at many aspects of divorce, its affects on the individual and the family. In this last article of this series I would like to explore the emotional experience of loss, grief and healing.

The loss of love and attachment is experienced differently for each of us, depending upon our personalities and circumstances. Though there is a common reality—a loss has occurred. Sometimes people are surprised at the feeling of loss, void or emptiness that is experienced when a love attachment is ended, as if an ending is not a loss. But, it is.

There tend to be two major styles of coping with loss after divorce, the first is distress and the second is euphoria. Those who have an initial distress response usually become depressed, experience high levels of anxiety and pain after the loss of the person who was the object of their love and attachment. Those who have an initial response of euphoria tend to be more active, happy and their loss is actually experienced as "freedom". On the surface they appear to be coping better than the distressed individual, but usually, the euphoria is short lived. Once the wings of freedom and individuality have been spread, the reality of the loss sets in.

Pain is something we tend to defend and fight against. As our muscles respond to a point of pain by tighten-

ing, so do our hearts. So we may want to deny our loss, pretend one hasn't occurred. We defend against it so we won't experience the pain of grief. If we allow ourselves to embrace our loss—when we feel it—then we are free to grieve. Grief is the beginning of our healing from the wounds of our losses.

When children are involved in the process it can be helpful for them to acknowledge the loss and the grief by talking about it, remembering the good times that were had and the bad. It is important for children to be allowed to "keep the good memories" of the family and not feel as though they have to make all of the family experience they had "bad" in order to let it go, cope with the loss. When we can allow the grieving process to happen and be shared, then we can begin to heal. We won't always forget, but we can heal.

Healing ourselves and restructuring our lives can be a long process. The bulk of the literature in this area, along with my clinical and personal experience suggests a time period of 3-5 years for a complete healing and stabilization to occur. It may be helpful to become aware of your experience of loss grieving and healing. Understand which phase you are in and give yourself the support and care that you need to help you through this time of transition.

Karen Hughes, M.F.C.C.

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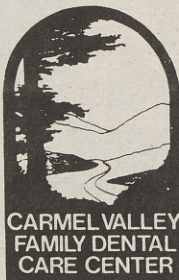
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Exercising And Your Heart

If you are one of the many Americans who recently started exercising—or even if you are only considering it—you probably want to know what the experts now say about the benefits of exercise.

Physical activity may protect you against coronary heart disease and may improve your likelihood of surviving a heart attack, the American Heart Association's Subcommittee on Exercise and Cardiac Rehabilitation said in a report published in *Circulation*, one of the AHA's journals.

And exercise may help people control their cigarette smoking, high blood pressure, high blood cholesterol, diabetes, obesity and emotional stress—all of which are factors that may increase the risk of developing coronary heart disease, said the committee, which includes some of the top exercise experts in the United States.

In its report, the AHA committee cited studies which suggest that men working in physically demanding jobs or performing strenuous recreational activities have less coronary heart disease during middle age. When present, coronary heart disease appears to be less severe and occurs later in life in physically active men than in

physically inactive men.

However, because it is so difficult to carry out human studies in which all the factors that may increase the risk of coronary heart disease are strictly controlled over many years, no conclusive and unquestionable evidence has been reported so far to confirm whether exercise either prevents or retards the development of the disease, the committee said. More research must be done to answer this and other questions about the effects of exercise.

Help your heart! The committee encouraged individuals of all ages to develop a physically active lifestyle. It recommended walking, hiking, stair climbing, jogging, running, bicycling, swimming and other active sports. Exercise is most effective when it is performed 30 minutes per session on an every-other-day schedule.

Check with your doctor if you plan to start an exercise program, especially if your lifestyle has been sedentary. The doctor can help you find an exercise program that suits your needs and your physical condition. You may be given an exercise tolerance test to determine your present capabilities and to identify potential hazards.

Screenings For Homecrafters Market Place Begin

The Homecrafters' Marketplace will take place Saturday, November 17 from 10 a.m. to 3 p.m. at the Sunset Center parking lot. All persons interested in displaying and selling home made crafts, please plan to bring samples of your work for consideration by the screening committee. The com-

mittee will be at the Center from 10 a.m. to 2 p.m. Thursday, September 6 in the Chapman Room.

Participants are individuals or non-profit groups who produce new and non-duplicated homecrafted articles. Articles placed in Carmel shops are not allowed.

Chemical Dependency To Be Discussed

Education and information about chemical dependency and diseases of addiction will be presented at a community health workshop titled "Addiction," Monday, Sept. 10, 7:30 p.m., in the Education Center at Monterey Peninsula Hospital.

William Hazle, M.D., medical director for the Recovery Center, will lead the discussion.

The workshop is free and open to the public. Seating is limited.

For more information, call the Public Information Office at 625-4505.

Coronary Club To Meet

Members of the Community Coronary Club will meet Monday, Sept. 10, at 7 p.m., in the Main Conference room at Community Hospital. Guest speaker Jon Kitaji, M.D., will discuss the subject of hypertension.

The group meets on the second Monday of each month to discuss topics related to cardiac wellness. Meetings are free and open to the public.

For more information call 624-5311, ext. 1018.

Diabetes Group Will Meet September 12

The next Diabetes Support Group meets Wednesday, Sept. 12, at 7 p.m. in the Main conference Room at Community Hospital. The format is a round table discussion and guest speaker.

The meetings take place on the second Wednesday of each month. Members of the group are those with diabetes and their family members, and anyone who is interested. Meetings are free.

For more information call 625-4644.

Recovery Center Schedules Two Films

Actor Richard Dreyfuss narrates a new film to be shown at the Recovery Center on Wednesday, Sept. 12, 6:30 p.m. in the Education Center behind Monterey Peninsula Hospital.

The film, titled *Cocaine: The End of the Line*, follows the lives of five people who have actually had a problem with the drug cocaine. They tell stories of how they, like millions of Americans, began using cocaine for a variety of reasons and how it eventually damaged their lives.

The film *I'll Quit Tomorrow* will be shown on Wednesday, Sept. 26, at the same time and place.

Discussion about chemical dependency follows the films. The programs are free and open to the public.

For more information call 373-0924.

No Shots No School

Students attending preschools, elementary and high schools in Monterey County this September need to show proof of immunizations against diphtheria, tetanus, whooping cough, polio, measles and rubella (German measles). In addition, children entering kindergarten must show proof of mumps immunization. Immunizations may be obtained from private physicians or from Health Department Clinics.

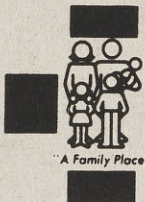
"Because of rigid enforcement of school entry immunization requirements, outbreaks of these diseases have been kept to a minimum during the past few years," states Alma Wood, Immunization Program Coordinator. "Even imported cases of measles have been controlled, because of the number of children who are protected. It is extremely important to maintain these high levels of immunity in order to provide maximum protection for all children."

Immunization should start at the age of two months and be continued on schedule, thus complete protection can be obtained before the child enters school. Boosters for tetanus are recommended to be taken every ten years throughout life.

For immunizations through the Monterey County Health Department call 757-1061 for information.

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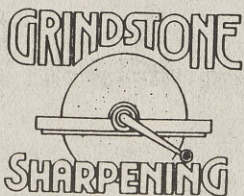
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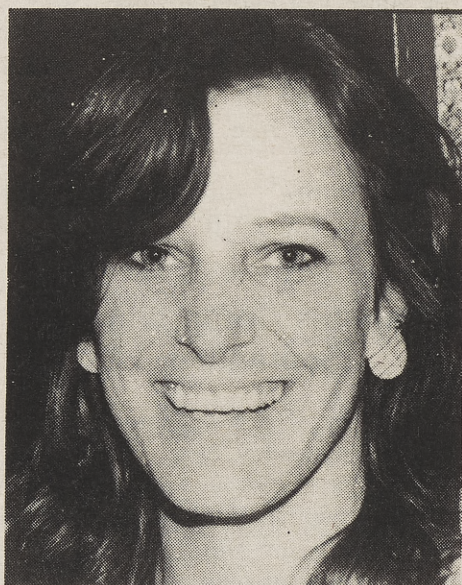
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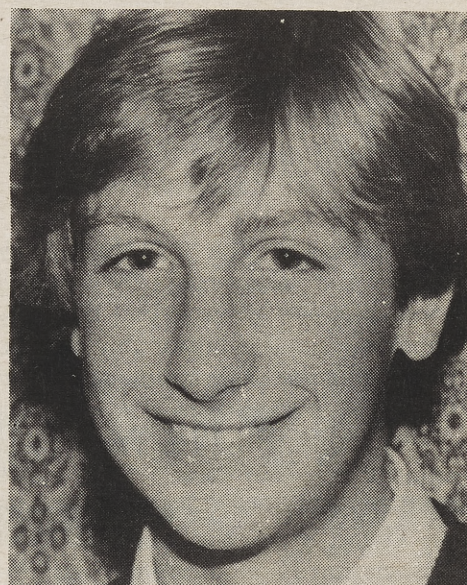
Photos by Debi Effron.



If you could be anyone or anything, who or what would you be and why?

Laura McCallum

"I'd like to be Crissie Hynde from 'The Pretenders' or Kate Bush. (Why?) Because they're both writing, producing and performing their own music and making millions at it."



Rick Delozzo

"I'd like to be a race car driver. (Why?) I love to drive fast and on the race track it's legal. I love competition."



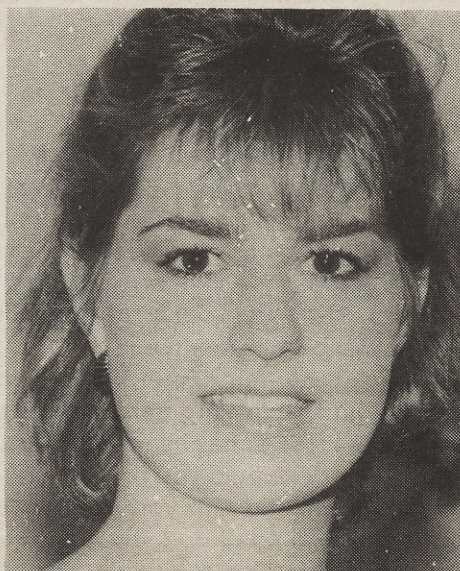
Regina Clegg

"I'd like to be a famous Broadway actress. (Why?) Well, it's hard work and great discipline, but it's a lot of fun."



Dysthe Benson

"I'd be a model. (Why?) Because that's what I've always dreamed of being."



Ashley Hood

"I'd like to be an astronaut. (Why?) To explore the unknown."



Brad Tucker

"Just who I am now but rich and retired."

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